TIMELESS RECIPES WITH MINUTE® RICE

FAVORITE RICE DISHES FROM SOUPS TO DESSERTS FOR MEALS AROUND THE CLOCK

PICTURED ON COVERS:
Hawaiian Meat Balls and Rice (page 15), Danish Rice Dessert (page 68),
Beef and Rice Chowder (page 6), and Parsley Rice (page 49).

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RICE,

an ancient grain, is still one of man's favorite foods in this age of jets and rockets. Minute Rice has made it one of the most convenient, easy-to-serve dishes you can prepare. ■ Minute Rice is enriched and pre-cooked — you just stir it into boiling water, cover, and remove from the heat. It's always light, fluffy, tender, and ready to serve in only five minutes. Since you don't boil Minute Rice, it can't overcook or undercook — it's perfect every time! ■ Using Minute Rice, busy, modern homemakers can quickly and easily prepare simple family fare or exotic dishes from every land. Unlike ordinary rice you must boil first, Minute Rice can be added right from the box to many tempting, delicious dishes. As each dish cooks, the rice puffs up tender and flavorful, absorbing the tasty juices and blending the seasonings. And many of the mouth-watering delights can be prepared in only a few minutes! ■ Minute Rice can be served for breakfast, lunch, or dinner — in cereals, appetizers, soups, entrees, vegetables, salads, breads, and desserts. Any time, any meal, and any course of the meal is the right time and the right place for Minute Rice. ■ Gathered here is a collection of some of the best recipes ever developed for Minute Rice — many of them are favorites you and your neighbors have enjoyed over the years, others are new recipes that were developed just for this book. They have all been tested with Minute Rice in General Foods Kitchens. Serve any of these delightful dishes today — no matter how you use Minute Rice, it will help make your entire meal perfect every time!

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DESSERTS & BREAKFASTS

Light soups, hearty soups, and quick-to-serve soups — an internationally-inspired collection. **Pages 4 through 9.**

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An exciting array of rice puddings and other desserts, plus delicious, creamy rice for breakfasts. **Pages 64 through 73.**

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SOUPS — Here are soups for every occasion: your children's lunch, hurry-up suppers for the heartiest appetites, a first course when company's coming, and toes-warming-time after winter sports. To give your menus flavors from far and near, serve these easy versions of the South's Louisiana Gumbo, Scotland's Cockaleekie Soup, or France's Potage Gumbo. You'll find many ways of combining canned condensed soups and Minute Rice for quick and easy, but delectable results. All the soups are especially delicious and easy to make because you add Minute Rice right from the box — it absorbs and blends the flavors in the short time it takes the soup to heat.

LOUISIANA GUMBO

(Pictured on opposite page)

½ cup chopped onion
½ cup chopped green pepper
½ cup chopped celery
1 clove garlic, minced
3 tablespoons butter
1 package (10 oz.) Birds Eye Cut Okra
1 can (1 lb.) tomatoes
1 can (12½ oz.) chicken broth
1 teaspoon salt
½ teaspoon sugar
Dash of pepper
Pinch of thyme
1 small bay leaf
½ pint shucked oysters
½ pound (about 1 cup) halved cleaned shrimp
1⅓ cups Minute Rice

Sauté onion, green pepper, celery, and garlic in butter in a large skillet until lightly browned. Add okra, tomatoes, broth, and seasonings. Drain oysters, adding the liquid to mixture in skillet. Cover and simmer 30 minutes, stirring occasionally. Add shrimp and cook 5 minutes. Then add oysters and cook 1 minute, or just until edges of oysters curl. Before serving, discard bay leaf.

Meanwhile, prepare rice as directed on page 81. To serve, spoon rice into soup bowls and ladle gumbo over rice. (Or if desired, combine rice and gumbo in a tureen or large bowl before ladling.) Makes 6 cups gumbo plus rice or 6 servings.

COCKALEEKIE SOUP

(Pictured on opposite page)

4 cans (12½ oz. each) chicken broth
1 cup water
*6 leeks, split and cut in 1-inch pieces**
½ teaspoon salt
⅛ teaspoon pepper
1 cup Minute Rice
1 cup cooked chicken, cut in strips
2 tablespoons minced parsley

*Or 2 bunches scallions, cut in ½-inch pieces.

Combine broth, water, leeks, salt, and pepper in a large saucepan. Bring to a boil. Cook over medium heat 15 minutes, or until leeks are just tender. Add rice and simmer 5 minutes. Place chicken in soup tureen. Ladle in soup and sprinkle with parsley. Makes about 7 cups or 6 or 7 servings.

CHICKEN RICE CHOWDER

¼ cup chopped onion
2 tablespoons butter
3⅓ cups (two 14½-oz. cans) evaporated milk
1⅔ cups water
2½ teaspoons salt
1 teaspoon sugar
½ teaspoon baking soda
¼ teaspoon pepper
1 can (1 lb.) tomatoes
1 can (8¾ oz.) whole kernel corn, drained
1 cup diced cooked chicken
1⅓ cups Minute Rice
1 tablespoon chopped parsley

In a large heavy saucepan, sauté onion in butter until transparent. Add evaporated milk, water, salt, sugar, soda, pepper, tomatoes, and corn. Bring to a boil, breaking up the tomatoes with a spoon. Stir in chicken and rice. Cover and simmer 10 minutes. Stir in parsley. Makes 8 cups or 8 servings.

PEASE PORRIDGE HOT

4 slices bacon
¾ cup chopped onions
2 cans (11 oz. each) condensed green pea soup
3 cans (4 cups) water
¾ teaspoon salt
1⅓ cups Minute Rice

Fry bacon in medium saucepan until crisp; drain on absorbent paper and crumble. Pour off all drippings except 2 tablespoons. Sauté onions in reserved drippings until soft and golden. Add pea soup; then gradually stir in water. Add crumbled bacon and salt. Bring to a boil; then add rice, cover loosely, and simmer about 10 minutes. Makes 7½ cups or about 7 or 8 servings.

Easy Pease Porridge Hot. Prepare as for Pease Porridge Hot, omitting bacon and onions, substituting 1 can (10½ oz.) condensed vegetable beef soup for 1 can of the pea soup, and decreasing water to 2 cans (2⅔ cups) and Minute Rice to ⅔ cup. Makes 5 cups or 5 servings.

BEEF AND RICE CHOWDER

(Pictured on cover)

1 pound ground beef
½ cup chopped onion
1 tablespoon butter
1 can (4 oz.) sliced mushrooms
1 package (10 oz.) Birds Eye Succotash or Mixed Garden Vegetables
1 can (1 lb. 12 oz.) tomatoes
3 cups water
1 to 2 teaspoons salt
¼ teaspoon oregano
⅛ teaspoon pepper
1 cup Minute Rice

Brown meat and onion in butter. Add remaining ingredients except rice; bring to a boil, separating frozen vegetables with fork, if necessary. Add rice, cover, and simmer 8 to 10 minutes, or until vegetables are tender. Serve in soup bowls. Makes about 10½ cups or about 10 servings.

BEEF BROTH WITH RICE

⅔ cup Minute Rice
2 cans (10½ oz. each) condensed beef broth
1 can (1⅓ cups) water

Combine all ingredients in a saucepan. Bring to a boil; then simmer 5 minutes. Serve with a sprinkling of chopped parsley, if desired. Makes 4 cups or 4 servings.

SOUP KETTLE SUPPER

(Pictured on opposite page)

½ pound bacon, diced
1 cup diced cooked ham or beef
1 can (10½ oz.) condensed beef broth
2 cups water
1⅓ cups Minute Rice
1 can (1 lb. 1 oz.) whole kernel corn
1 can (15½ oz.) French style green beans, drained
1 can (1 lb.) tomatoes
1 to 2 teaspoons salt
⅛ teaspoon pepper
1 tablespoon finely chopped parsley

Fry bacon in large heavy saucepan until crisp; drain on absorbent paper. Pour off all but 2 tablespoons of the drippings. Sauté ham in reserved drippings until lightly browned. Add bacon and remaining ingredients except parsley. Bring to a boil. Cover, remove from heat, and let stand 5 minutes. Add parsley just before serving. (If soup becomes too thick, add a little water.) Makes about 8 cups or 8 servings.

POTAGE MONGOLE WITH RICE

1 can (10½ oz.) condensed tomato soup
1 can (11 oz.) condensed green pea soup
2½ cups water
1 tablespoon butter
1 teaspoon salt
⅔ cup Minute Rice

Blend soups with water in a 2-quart saucepan. Add butter and salt. Bring to a boil. Stir in rice. Reduce heat, cover loosely, and cook slowly 10 minutes, stirring occasionally. Garnish with chopped parsley, if desired. Makes about 6½ cups or 6 servings.

BLACK BEAN-RICE POTAGE

1 can (10½ oz.) condensed black bean soup
1 can (13 oz.) tomato consommé
⅔ cup water
1 tablespoon butter
1 tablespoon dry sherry
2 teaspoons lemon juice
½ teaspoon salt
⅔ cup Minute Rice

Blend soup and consommé with water in a 2-quart saucepan. Add butter, sherry, lemon juice, and salt. Bring to a boil. Stir in rice. Reduce heat, cover loosely, and cook gently 10 minutes, stirring occasionally. Garnish with finely chopped hard-cooked egg and lemon slices, if desired. Makes about 4 cups or about 4 servings.

SAVORY TOMATO-RICE SOUP

1 tablespoon finely chopped onion
1 tablespoon butter
1 can (1 pt. 2 fl. oz.) tomato juice
1 can (10½ oz.) condensed beef consommé
⅓ cup water
½ teaspoon celery salt
¼ teaspoon salt
1 bay leaf
Dash of pepper
⅓ cup Minute Rice

Sauté onion in butter in medium saucepan until soft. Add remaining ingredients except rice. Bring to a boil; then add rice, cover loosely, and simmer 5 minutes. If desired, garnish each serving with a slice of lemon. Makes 4 cups or 4 servings.

EASY RICE SOUPS

The five easy soups suggested in this chart are merely examples of many others you can make from this "pattern." Just use a different canned soup, liquid, flavor accent, and garnish, and you have a delicious, new soup to serve at every meal.

10½- OR 11-OZ. CAN CONDENSED SOUP	WATER	OTHER LIQUID	BUTTER	SALT
cream of chicken	2 cups	1 can (12½ oz.) chicken broth	1 tablespoon	1 teaspoon
cream of celery	2 cups	1 bottle (8 oz.) clam juice	1 tablespoon	1 teaspoon
Cheddar cheese	2 cups	1 cup tomato juice	1 tablespoon	1½ teaspoons
black bean	2 cups	1 cup tomato juice	1 tablespoon	1 teaspoon
cream of mushroon	2 cups	1 can (12½ oz.) chicken broth	1 tablespoon	1 teaspoon

Blend soup with water and other liquid in a 2-quart saucepan. Add butter, salt, and flavor accents. Bring to a boil. Then stir in rice and cream. Reduce heat, cover loosely, and cook slowly 10 minutes, stirring occasionally. Garnish. Makes 5 to 6 cups or 5 or 6 servings.

FLAVOR ACCENTS	MINUTE RICE	LIGHT CREAM OR MILK	GARNISH (OPTIONAL)
½ cup ground almonds 1 tablespoon chopped parsley	⅔ cup	¾ cup	toasted slivered almonds
1 can (7½ oz.) minced clams 1 tablespoon chopped parsley 2 teaspoons lemon juice	⅔ cup	¾ cup	chopped parsley
1 tablespoon chopped chives ½ teaspoon *each* dry mustard, sugar, *and* Worcestershire sauce	⅔ cup	¾ cup	chopped chives, chopped parsley, or popcorn
2 teaspoons grated lemon rind ½ teaspoon sugar	⅔ cup	¾ cup	chopped parsley and finely chopped hard-cooked egg
½ cup chopped cooked chicken 1 tablespoon chopped chives 1 teaspoon curry powder	⅔ cup	¾ cup	chopped chives

ENTREES — A host of attractive, delicious entrees are easy to make with Minute Rice, right from the box; some meat, fish, poultry, or cheese; a dash of this; a can of that; and only a few minutes of your time. Foods from many lands have inspired this collection of hearty main dishes, but the recipes have been "updated" with Minute Rice — you can prepare and serve the international fare in just minutes. Both traditional and one-pan recipes are given for three popular entrees, Sukiyaki, Beef Stroganoff, and Chop Suey — the Minute Rice is prepared in the same pan with the "sauce" in the one-pan recipes. And in every recipe, you can depend on Minute Rice to be perfect every time!

SUKIYAKI

Traditional Recipe

(Pictured on opposite page)

2 tablespoons butter
1 pound lean round steak, cut in very thin slices
½ pound fresh mushrooms, thinly sliced (about 3 cups)
1 bunch green onions, cut into strips (about 2 cups)
1 cup celery strips
1 cup sliced yellow onions
1 can (5 oz.) bamboo shoots, drained
2 tablespoons sugar
⅓ cup soy sauce
1 beef bouillon cube
¼ cup hot water
3 cups fresh spinach
2 cups Minute Rice

Heat butter in a large skillet. Add meat and brown very quickly on both sides — takes about 1½ minutes. Add remaining ingredients except spinach and rice. Simmer uncovered, stirring occasionally, 3 to 4 minutes, or until vegetables are almost tender but still crisp. Then add spinach, cover, and cook 3 minutes longer.

Meanwhile, prepare rice as directed on page 81. Serve Sukiyaki immediately over the rice (vegetables should be crisp). Sprinkle with additional soy sauce, if desired. Makes about 5 cups Sukiyaki plus rice or about 5 or 6 servings.

Note: For ease in cutting meat, place in freezer until just firm — about 1½ hours, or only partially thaw frozen meat. Then cut with a heavy, sharp knife and let stand to thaw while preparing other ingredients.

Pork Sukiyaki. Prepare as for Sukiyaki, substituting 1 pound of pork tenderloin for the steak. Cook slowly in butter until meat begins to brown before adding other ingredients; then continue as directed.

SKILLET SUKIYAKI

One-Pan Recipe

1 medium onion, thinly sliced
¼ cup butter
1 pound beef sirloin, cut in thin narrow strips
Salt
Pepper
½ pound fresh mushrooms, thinly sliced (about 3 cups)
½ cup sliced celery
1 can (1 lb.) bean sprouts, drained
¼ cup water chestnuts, thinly sliced (optional)
2 tablespoons soy sauce
½ pound (2 cups) fresh spinach
1 bouillon cube
1½ cups hot water
1⅓ cups Minute Rice
½ cup chopped scallions

Sauté onion in butter in large skillet until transparent. Season beef with salt and pepper; add to onion and brown on all sides. Stir in mushrooms, celery, bean sprouts, water chestnuts, and soy sauce. Cook 5 to 10 minutes. Then add spinach and cook for about 2 minutes.

Dissolve bouillon cube in hot water; stir in rice. Make a well in center of meat mixture; pour in rice mixture. Sprinkle scallions over meat mixture. Cover and simmer 5 minutes. (Do not overcook.) Serve with additional soy sauce, if desired. Makes about 4 cups Sukiyaki plus rice or 4 servings.

Note: For ease in cutting meat, see note on Sukiyaki recipe, page 11.

Skillet Pork Sukiyaki. Prepare as for Skillet Sukiyaki, substituting 1 pound pork tenderloin strips for the beef; season pork with salt and pepper and cook slowly in butter before adding onion. Then add onion and brown lightly. Continue as directed.

Skillet Shrimp Sukiyaki. Thaw 2 packages (7 oz. each) frozen shrimp; mix with 2 tablespoons lemon juice, season with salt and pepper, and set aside. Prepare Skillet Sukiyaki, omitting beef; just before adding rice mixture, stir in shrimp.

BEEF STROGANOFF

Traditional Recipe

¼ pound fresh mushrooms, sliced (about 1½ cups)
½ cup sliced onion
3 tablespoons butter
2 tablespoons salad oil
1 pound sirloin or flank steak, cut in 2x¼x⅛-inch strips
3 tablespoons all-purpose flour
1 teaspoon salt
⅛ teaspoon pepper
*1 cup bouillon**
2 tablespoons tomato paste (optional)
1 teaspoon Worcestershire sauce
1 teaspoon lemon juice
1⅓ cups Minute Rice
1 cup sour cream

*Or use 1 bouillon cube dissolved in 1 cup water.

Sauté mushrooms and onion in butter in large, heavy skillet just until golden brown—about 5 minutes. Remove mushrooms and onion from skillet and set aside.

Add oil to skillet; heat thoroughly. Dust meat with mixture of flour, salt, and pepper. Brown very quickly in oil over high heat, stirring occasionally — about 3 minutes. Remove from heat; add bouillon, tomato paste, Worcestershire sauce, lemon juice, mushrooms, and onion. Blend and cook over low heat until thoroughly heated.

Meanwhile, prepare rice as directed on page 81. Just before serving, stir sour cream into meat mixture; heat until just bubbly. Serve immediately over hot rice. Garnish with chopped parsley or watercress, if desired. Makes about 4 cups Stroganoff plus rice or 4 servings.

Note: For ease in cutting meat, see note on Sukiyaki recipe, page 11.

Hamburger Stroganoff. Prepare as for Beef Stroganoff, substituting 1 pound ground beef for the beef strips. Brown the ground beef (without flour mixture) quickly in the salad oil — about 2 minutes; then continue as directed, blending the flour, salt, and pepper with the bouillon before adding bouillon to the meat mixture.

SKILLET STROGANOFF

One-Pan Recipe

1½ pounds sirloin steak, cut in thin strips
2 tablespoons all-purpose flour
¾ teaspoon salt
⅛ teaspoon pepper
2 tablespoons salad oil
¾ cup finely chopped onions
*½ pound fresh mushrooms, sliced (about 3 cups)**
2 teaspoons Worcestershire sauce
1 can (10½ oz.) condensed cream of celery, cream of chicken, or cream of mushroom soup
1 cup sour cream
1 bouillon cube
1⅓ cups boiling water
½ teaspoon salt
2 tablespoons chopped parsley (optional)
1⅓ cups Minute Rice

*Or use 1 can (6 oz.) sliced mushrooms, drained.

Dust meat with mixture of flour, ¾ teaspoon salt, and pepper. Brown quickly in oil in a skillet over high heat. Add onions and mushrooms. Sauté over low heat until lightly browned and tender. Blend in Worcestershire sauce, soup, and sour cream. Then bring just to a boil.

Meanwhile, dissolve bouillon cube in boiling water. Add ½ teaspoon salt, parsley, and rice. Make a well in the center of meat mixture and pour in rice mixture. Bring to a boil, cover tightly, and simmer about 5 minutes, or until rice is tender. Makes 4 cups Stroganoff plus rice or 4 servings.

Note: For ease in cutting meat, see note on Sukiyaki recipe, page 11.

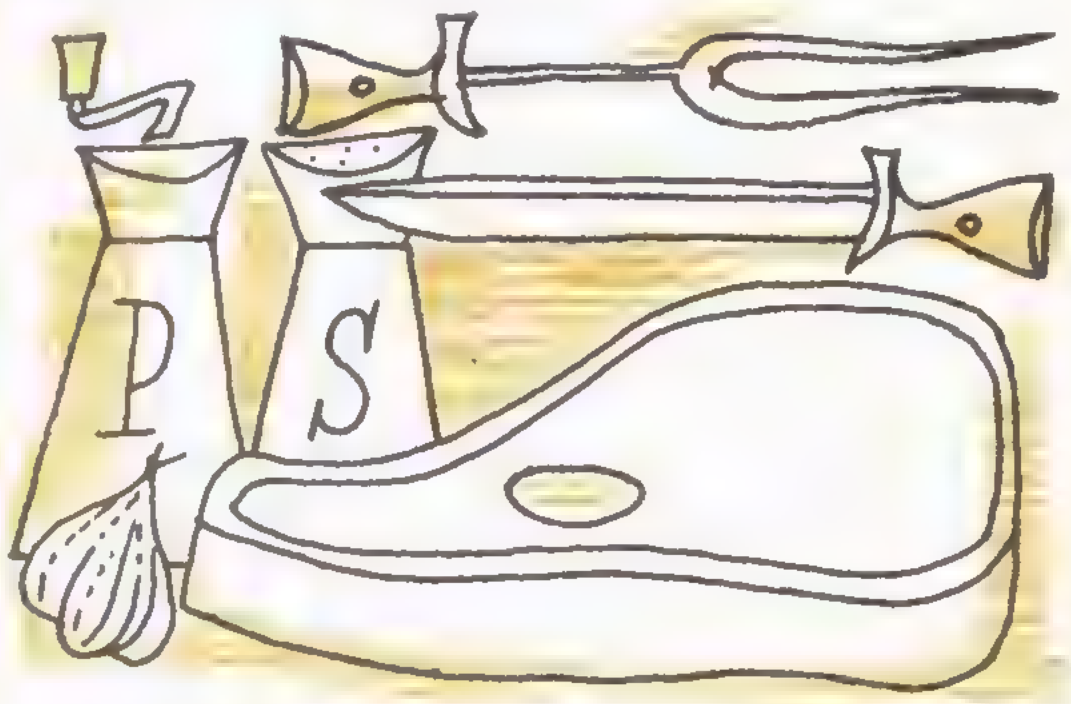
Skillet Hamburger Stroganoff. Prepare as for Skillet Stroganoff, substituting 1½ pounds ground beef for the beef strips. Brown the ground beef (without flour mixture) in the salad oil; then continue as directed, blending the flour, ¾ teaspoon salt, and pepper into the sour cream before adding cream to the meat mixture.

RICE AND BEEF À LA DEUTSCH

This quick, easy casserole has the sweet-sour goodness of sauerbraten.

1 egg
½ cup milk
1 cup soft bread crumbs
1 pound ground beef
2 tablespoons chopped onion
1 tablespoon chopped parsley
1½ teaspoons salt
⅛ teaspoon pepper
1 can (10½ oz.) condensed onion soup
1 cup water
1 tablespoon sugar
1 tablespoon cornstarch
1 teaspoon salt
¼ teaspoon ginger
⅛ teaspoon pepper
2 tablespoons vinegar
1 tablespoon butter
1 cup cooked peas and carrots, peas, or carrot slices
1⅓ cups Minute Rice

Blend egg and milk in mixing bowl. Stir in bread crumbs. Let stand until milk is absorbed. Then add beef, onion, parsley, 1½ teaspoons salt, and ⅛ teaspoon pepper; mix well. Combine remaining ingredients except vegetables and rice. Spread vegetables in a shallow 1½-quart baking dish. Spread rice over vegetables; then pour on soup mixture. Spoon meat mixture over top, placing spoonfuls close together to cover soup mixture entirely. Bake at 350° for 35 to 40 minutes, or until meat is browned. Makes about 6 cups or 4 to 6 servings.



[illegible] CHILI

Legend says Indians called this "Dohm Minna Bou," meaning "everything in the pot."

1 pound ground beef
1 tablespoon salad or olive oil
¾ cup finely chopped onions
1½ teaspoons salt
Dash of pepper
⅛ teaspoon garlic powder
⅛ teaspoon thyme
⅛ teaspoon oregano
½ small bay leaf
*2 cans (8 oz. each) tomato sauce**
1 can (10½ oz.) condensed cream of mushroom soup
1 cup Minute Rice
3 stuffed olives, sliced
2 or 3 slices process American cheese, cut in ½-inch strips

*Or use 1 can (1 lb.) tomatoes.

Brown meat in oil over high heat. Add onions and cook over medium heat until tender. Stir in remaining ingredients in order given, except cheese. Bring to a boil, reduce heat, and simmer for 5 minutes, stirring occasionally. Discard bay leaf. Spoon into a shallow 1½-quart baking dish or casserole. Arrange a lattice of cheese over top. Broil just until cheese melts. Garnish with additional sliced stuffed olives, if desired. Makes about 6 cups or 4 to 6 servings.

[illegible] MEAT LOAF

⅔ cup Minute Rice
1 pound ground beef
1 egg, slightly beaten
¼ cup chopped onion
1 tablespoon chopped parsley
2 teaspoons salt
⅛ teaspoon marjoram (optional)
Dash of pepper
2 cans (8 oz. each) tomato sauce
2 slices bacon

Combine all ingredients except ¼ cup tomato sauce and the bacon, mixing lightly. (Mixture will be soft.) Shape into a loaf in a shallow baking pan. Place bacon over top. Cover with aluminum foil and bake at 350° for 30 minutes. Then remove foil, spoon remaining tomato sauce over loaf, and bake 30 minutes longer, uncovered. Serve with additional heated tomato sauce that can be spooned over each serving, if desired. Makes 1 loaf or 4 to 6 servings.

SAUCY RICE CASSEROLE

A hearty, layered entree — rice baked under a flavorful Italian tomato-meat sauce.

¼ cup chopped onion
1 tablespoon salad oil
½ clove garlic, crushed
1 pound ground beef
2 cans (8 oz. each) tomato sauce
1 can (6 oz.) tomato paste
1¼ cups water
2 teaspoons brown sugar
1 bouillon cube
¾ teaspoon salt
¼ teaspoon pepper
⅛ teaspoon oregano
1⅓ cups boiling water
1⅔ cups Minute Rice

Lightly brown onion in oil. Stir in garlic; then add meat and sauté until browned, stirring occasionally. Pour off excess fat. Add remaining ingredients except boiling water and rice. Cook over low heat 10 minutes, stirring occasionally.

Pour boiling water into a 2-quart casserole. Sprinkle in rice. Gently ladle the bubbling sauce over rice. Do not stir. Cover. Bake at 400° for 10 minutes. Sprinkle with grated Parmesan cheese before serving, if desired. Makes 4½ cups sauce plus rice or 5 or 6 servings.

Note: If desired, the meat mixture may be used as a pour-on sauce over rice; prepare 1⅔ cups Minute Rice as directed on page 81.

RICE MEAT BALLS
(Porcupine Balls)

(Pictured at right)

*2 cans (8 oz. each) tomato sauce**
*½ cup water**
1 cup Minute Rice
1 pound ground beef
1 egg, slightly beaten
2 teaspoons grated onion
2 teaspoons salt
⅛ teaspoon marjoram (optional)
Dash of pepper
½ teaspoon sugar

*Or use 2½ cups tomato juice instead of sauce and water.

Mix tomato sauce and water. Combine rice, beef, egg, onion, salt, marjoram, pepper, and ½ cup tomato mixture, mixing lightly. Shape into 18 balls. Place in skillet. Blend sugar with remaining tomato mixture; pour into skillet. Bring to a boil; then cover and simmer about 15 minutes, basting occasionally with the tomato mixture in skillet. Makes 18 meat balls or about 6 servings.

SWEDISH RICE MEAT BALLS

1 cup Minute Rice
1 pound ground beef
1 egg, slightly beaten
2 tablespoons minced onion
1 tablespoon chopped parsley
1½ teaspoons salt
¼ teaspoon nutmeg
Dash of pepper
½ cup milk
1 can (10½ oz.) condensed cream of mushroom or cream of celery soup
⅔ cup water
1 teaspoon lemon juice

Combine rice, beef, egg, onion, parsley, salt, nutmeg, pepper, and milk, mixing lightly. Shape into 24 small balls. Place in skillet. Blend soup with water and lemon juice. Pour over meat balls and bring to a boil. Cover and simmer 10 minutes, basting occasionally. Garnish with chopped parsley, if desired. Makes 24 meat balls or 6 servings.

HAWAIIAN MEAT BALLS AND RICE

(Pictured on cover)

16 small meat balls
1 clove garlic, minced
2 tablespoons salad oil
2½ tablespoons Minute Tapioca or cornstarch
½ cup sugar
1 teaspoon salt
1 tablespoon soy sauce (optional)
⅓ cup vinegar
1 cup broth or water
1 cup sliced green peppers
1⅓ cups boiling water
1⅓ cups Minute Rice
Orange sections (optional)

Prepare meat balls, using favorite recipe. Sauté garlic in oil. Add meat balls and sauté until evenly browned. Combine tapioca, sugar, salt, soy sauce, vinegar, and broth; add to meat balls. Heat and stir until sauce thickens. Make a well in center of mixture and add green peppers and boiling water; stir rice into water. Cover and simmer 10 minutes, or until rice is tender. Garnish with orange sections. Makes 16 small meat balls plus rice or 4 servings.

MEAT-CRUST RICE PIE

A pizza-flavored pie with a handsome meat crust filled with colorful, savory rice.

1 pound ground beef
½ cup dry bread crumbs
¼ cup grated onion
¼ cup chopped green pepper
1½ teaspoons salt
⅛ teaspoon oregano
⅛ teaspoon pepper
2 cans (8 oz. each) tomato sauce
1 cup water
1⅓ cups Minute Rice
½ teaspoon salt
1 cup grated Cheddar cheese
4 to 6 tomato slices (optional)

Combine beef, bread crumbs, onion, green pepper, 1½ teaspoons salt, oregano, pepper, and ½ cup of the tomato sauce; mix well. Pat meat mixture into bottom and sides of a greased 9-inch pie pan.

Combine remaining 1½ cans tomato sauce, water, rice, ½ teaspoon salt, and ½ cup of the cheese. Spoon into meat shell. Cover with aluminum foil. Bake at 350° for 25 minutes. Uncover, top with tomato slices, and sprinkle with remaining cheese. Bake uncovered 10 to 15 minutes longer. To serve, cut in wedges. Makes 5 or 6 servings.

TERIYAKI STEAK AND RICE

2 tablespoons cornstarch
Dash of pepper
2 tablespoons water
1 tablespoon soy sauce
3 tablespoons salad oil
1 pound flank steak, sliced diagonally into thin strips
2 medium green peppers, cut in 1-inch squares
1 small clove garlic, crushed
¼ teaspoon salt
⅛ teaspoon monosodium glutamate
1½ cups boiling water
1⅓ cups Minute Rice

Combine cornstarch, pepper, 2 tablespoons water, soy sauce, and 1 tablespoon of the oil in bowl. Stir in steak strips and let stand to marinate for 2 or 3 hours.

Heat 1 tablespoon oil in a skillet. Sauté green peppers in oil until just tender, but still slightly crisp. Remove from skillet. Add remaining 1 tablespoon oil to skillet. Sauté garlic in oil until golden brown. Add meat mixture. Cook 1 minute without stirring. Then cook and stir the mixture just until the meat is medium rare.

Meanwhile, warm a shallow 1½-quart serving dish or casserole. Stir salt, monosodium glutamate, boiling water, and peppers into meat mixture; pour over rice in warmed dish. Mix just to moisten all rice. Cover and let stand 5 minutes. Makes about 5 cups or 4 servings.

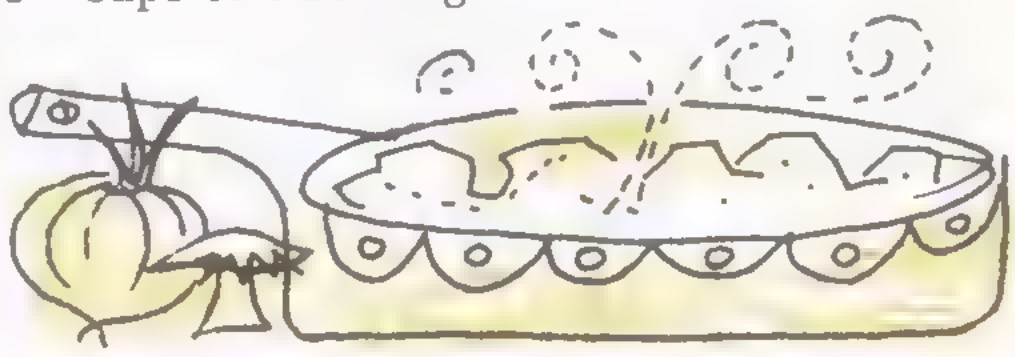
Note: For ease in cutting meat, see note on Sukiyaki recipe, page 11.

CHILI RICE CON CARNE

1 pound ground beef
2 teaspoons salt
⅛ teaspoon pepper
½ cup chopped onion
2 tablespoons butter
1 can (1 lb.) kidney beans
*1 can (1 pt. 2 fl. oz.) tomato juice**
*1 cup water**
2 teaspoons chili powder
1⅓ cups Minute Rice

*Or use 1 can (1 lb.) tomatoes and increase water to 1½ cups.

Sprinkle meat with salt and pepper. In a large skillet, sauté meat and onion in butter until browned. Add undrained beans, tomato juice, water, and chili powder. Cover and bring to a boil. Stir in rice, cover, and simmer 8 to 10 minutes, or until flavors are blended and rice is tender. Makes about 6½ cups or 6 servings.



NO-BAKE STUFFED PEPPERS

6 medium green peppers
Boiling salted water
1 pound ground beef
¼ cup chopped onion
2 tablespoons butter
2¼ cups water
½ cup Good Seasons Open Pit Barbecue Sauce, any flavor
1½ teaspoons salt
1⅓ cups Minute Rice
1 cup cubed process American cheese

Remove stem ends and seeds from peppers; cook in boiling salted water 10 minutes, or just until almost tender. Meanwhile, brown beef and onion in butter in deep skillet. Add 1½ cups of the water, ¼ cup barbecue sauce, salt, and rice. Bring to a boil. Then cover and simmer 5 minutes. Add cheese.

Drain cooked peppers. Fill with rice mixture. Place upright in skillet. Pour remaining water and barbecue sauce around peppers. Cover and simmer 5 minutes. To serve, spoon sauce in skillet over peppers. Makes 6 stuffed peppers or 6 servings.

MEXICAN CASSEROLE

Mexico's delicious tamales inspired the seasonings in this layered dish.

1 can (10½ oz.) condensed tomato soup
1 can (1⅓ cups) water
1 egg
1 tablespoon coarsely chopped parsley
1¼ teaspoons salt
⅛ teaspoon pepper
1 cup soft bread crumbs
1 pound ground beef
1⅓ cups Minute Rice
½ cup chopped ripe olives
¼ cup chopped onion
2 teaspoons chili powder
¾ teaspoon salt
1 cup grated Cheddar or process American cheese
1 tablespoon butter, melted

Mix soup and water. Blend ½ cup soup mixture into the egg in a mixing bowl; stir in parsley, 1¼ teaspoons salt, pepper, and bread crumbs. Add beef and mix lightly. Shape into 6 patties. Combine rice, olives, onion, chili powder, ¾ teaspoon salt, and remaining soup mixture in a greased shallow 2-quart casserole. Sprinkle with cheese. Place meat patties on top and brush with butter. Bake at 350° for 35 minutes, or until lightly browned. Makes 6 meat patties plus rice or 4 to 6 servings.

COMPANY-STYLE BEEF STEW

2 pounds boneless beef chuck, cut in 1½-inch cubes
2 tablespoons all-purpose flour
2 teaspoons salt
⅛ teaspoon pepper
1 tablespoon butter
1 tablespoon salad oil
2 cups chopped onions
2½ cups water
1 can (1 lb.) tomatoes
1 bay leaf
1 clove garlic, sliced
3 medium carrots, cut in 2-inch pieces
2 medium onions, cut in half
¼ pound fresh mushrooms, sliced (about 1½ cups)
¼ cup Burgundy or other dry red wine
2 cups Minute Rice

Dust meat with flour, salt, and pepper. Heat butter with oil in a large Dutch oven until quite hot. Add meat; brown thoroughly. Add chopped onions; cook until brown.

Stir in water, tomatoes, bay leaf, and garlic. Cover and simmer 1 hour, or until meat is almost tender. Add carrots and onion halves; cook 30 minutes. Stir in mushrooms and wine; cook 15 minutes, or until vegetables are tender. Discard bay leaf.

Meanwhile, prepare rice as directed on page 81. Spoon stew over rice. Makes 7½ cups stew plus rice or 5 or 6 servings.

SAVORY CABBAGE ROLLS

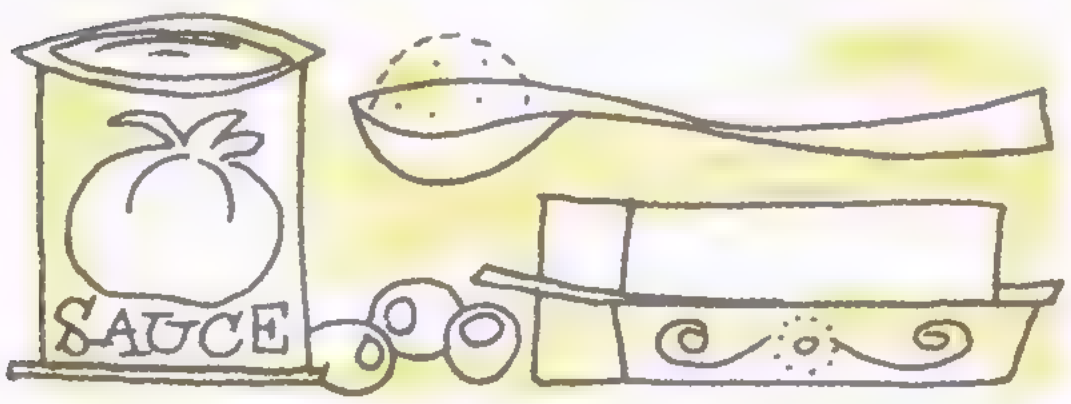
1 medium head (about 3 lb.) cabbage
Boiling salted water
1 pound ground beef
1 cup Minute Rice
½ cup chopped onion
⅓ cup diced green pepper
1 tablespoon butter
2 cans (8 oz. each) tomato sauce
2 cups water
1½ teaspoons salt
¼ teaspoon basil or savory (optional)
⅛ teaspoon pepper

Remove core and outer leaves of cabbage; then cook in boiling salted water about 8 minutes, or until almost tender. Meanwhile, sauté beef, rice, onion, and green pepper in butter until meat is browned, stirring frequently. Add 1 can tomato sauce, 1 cup water, salt, basil, and pepper. Bring to a boil; then cover, remove from heat, and let stand 5 minutes.

Drain cabbage and separate leaves. If inner leaves are difficult to separate, return to boiling water for 2 or 3 minutes. Spoon beef mixture onto core ends of about 12 large leaves, using a generous ¼ cup of mixture for each. Roll leaves tightly.

Chop remaining cabbage and spread over bottom of a skillet. Arrange rolls in a single layer on chopped cabbage. Pour remaining 1 can tomato sauce and 1 cup water over top. Bring to a boil. Cover and cook over medium heat, basting rolls with sauce occasionally, about 40 minutes, or until cabbage is tender. Makes about 12 cabbage rolls or 4 to 6 servings.

Note: If desired, Savory Cabbage Rolls may be prepared in advance and refrigerated. To reheat, return to skillet, add about ¼ cup water, cover, and cook over low heat 10 to 15 minutes, or until thoroughly heated.



PORK CHOP CASSEROLE

8 loin pork chops, ½ to ¾ inch thick (about 2½ lb.)
Salt and pepper
1 tablespoon shortening
½ cup chopped onion
2 tablespoons butter
1⅓ cups Minute Rice
1⅓ cups water
1 cup diced peeled tart apples
1 cup chopped prunes
1½ teaspoons salt
⅛ teaspoon pepper
⅛ teaspoon poultry seasoning

Trim excess fat from pork chops; season chops to taste with salt and pepper. Brown quickly in shortening in a large skillet. Drain on absorbent paper. Pour drippings from skillet. Sauté onion in butter in the skillet; pour into a lightly greased shallow 2-quart casserole. Add remaining ingredients; mix well. Arrange pork chops on top of rice mixture. Cover and bake at 350° about 45 minutes, or until the pork chops are tender. Makes about 4 cups rice mixture plus chops or 4 to 6 servings.

Note: If a flameproof casserole is available, brown chops and sauté onion in the casserole; then continue as directed.

HAM-IT-UP SKILLET

(Pictured on opposite page)

*1½ cups cooked ham strips**
2 tablespoons salad oil
⅔ cup water
1 can (10½ oz.) condensed onion soup
1½ cups Minute Rice
2 tablespoons chopped parsley
2 tablespoons chopped stuffed olives

*Or use 1 can (12 oz.) luncheon meat, cut in narrow strips.

Sauté ham in oil. Blend water into soup; add to meat. Stir in rice. Cover and simmer 5 minutes. Just before serving, stir in chopped parsley and chopped olives. Garnish with additional stuffed olives, if desired. Makes about 4 cups or 3 or 4 servings.

CHOP SUEY

Traditional Recipe

2 cups water
3 tablespoons cornstarch
1 tablespoon soy sauce
1 teaspoon salt
Dash of pepper
1 cup chopped onions
¼ cup butter or other shortening
2 cups celery strips
1 can (1 lb.) bean sprouts or chop suey vegetables, drained
2 cups cooked pork, cut in thin strips
1⅔ cups Minute Rice

Blend water into cornstarch; add soy sauce, salt, and pepper. Sauté onions in butter in a large skillet until golden brown. Stir in cornstarch mixture, celery, bean sprouts, and pork. Bring quickly to a boil; then cover and simmer 5 minutes, stirring occasionally. Meanwhile, prepare rice as directed on page 81. Serve Chop Suey over rice. Sprinkle with chow mein noodles or toasted slivered blanched almonds and serve with additional soy sauce, if desired. Makes 5 cups Chop Suey plus rice or 4 to 6 servings.

Note: To use fresh pork in the Chop Suey, brown 1 pound lean pork, cut in thin strips, in the butter before adding onions and omit the cooked pork.

SKILLET CHOP SUEY

One-Pan Recipe

1 large clove garlic, minced
1½ cups celery strips
1 large onion, cut into 8 wedges
1 medium green pepper, cut in strips
3 tablespoons salad oil
2 tablespoons cornstarch
1 cup cold water
1 tablespoon soy sauce
1½ teaspoons salt
*1 cup diced cooked pork or other meat**
1⅓ cups boiling water
1⅓ cups Minute Rice

*Or use 1 can (9¼ oz.) tuna, drained and flaked.

Sauté garlic, celery, onion, and green pepper in oil until tender but crisp. Blend cornstarch with 2 tablespoons cold water. Add remaining cold water and soy sauce to vegetables. Gradually stir in cornstarch. Add 1 teaspoon salt and meat. Cook and stir until mixture is thickened.

Form a well in center; pour in 1 cup boiling water. Sprinkle in rice and ½ teaspoon salt. Pour remaining boiling water over rice; stir to moisten rice. Cover, remove from heat, and let stand 5 minutes. Serve meat mixture over rice. Garnish with toasted almonds or chow mein noodles, if desired. Makes about 5⅔ cups or 4 servings.

HAWAIIAN SUPPER

2½ cups slivered cooked ham or pork
2 tablespoons butter
1 medium green pepper, cut in strips
1 can (13½ oz.) pineapple chunks
4 teaspoons vinegar
2 tablespoons cornstarch
2 tablespoons brown sugar
1 teaspoon salt
Pepper
2 teaspoons prepared mustard
1⅓ cups hot water
2 tablespoons chopped scallions or chives
1⅓ cups Minute Rice

Sauté ham in butter until browned; then stir in green pepper. Meanwhile, drain pineapple, measuring syrup and adding water to make 1⅓ cups. Blend syrup mixture, vinegar, cornstarch, brown sugar, ½ teaspoon salt, dash of pepper, and mustard. Add to ham; cook and stir until sauce is thickened and transparent. Cover and simmer 10 minutes; then add pineapple.

Combine hot water, ½ teaspoon salt, dash of pepper, scallions, and rice. Make a well in center of ham mixture; pour in rice mixture. Bring to a boil, cover, and simmer for 5 minutes, or until rice is tender. Makes 3⅔ cups ham mixture plus rice or 4 servings.

APRICOT-RICE PORK ROAST

1 can (1 lb. 13 oz.) apricot halves
2¾-pound loin of pork roast
½ cup chopped celery
¼ cup butter
1⅓ cups water
¼ cup raisins
⅛ teaspoon ginger
½ teaspoon salt
1⅓ cups Minute Rice

Drain apricot halves, reserving syrup. Roast pork at 350° about 2½ hours, or until meat thermometer registers 180°, basting occasionally with drained apricot syrup.

Cut apricot halves in half. Sauté celery in butter about 2 minutes. Add apricots, water, raisins, ginger, and salt. Bring to a boil. Stir in rice. Cover, remove from heat, and let stand 5 minutes.

Remove pork from pan, place on heated platter, and keep warm. Drain fat from drippings in pan. Add rice mixture to the drippings in pan and return to oven for 15 minutes. To serve, cut between the chops of roast and stuff with some of the rice mixture; then arrange remainder around roast. Or serve the rice mixture as a side dish with the pork. (Or serve the rice mixture with other meats, fish, or poultry.) Makes 3¾ cups rice mixture or about 6 servings.

UPSIDE-DOWN HAM CASSEROLE

3 tablespoons butter, melted
3 tablespoons brown sugar
1 can (8½ oz.) sliced pineapple, drained
4 servings sliced cooked ham, about ¼ inch thick
2½ tablespoons all-purpose flour
½ teaspoon salt
⅛ teaspoon pepper
1½ teaspoons minced onion
1⅓ cups Minute Rice
1 cup milk
1 cup water

Blend butter and brown sugar in a 9x5-inch loaf pan or a shallow 1½-quart baking dish. Arrange pineapple and ham in mixture. Place in 400° oven while preparing rice mixture. Combine remaining ingredients in saucepan. Bring to a boil over medium heat. Then cover and simmer 5 minutes, stirring occasionally. Spread over ham and pineapple. Cover and bake at 400° for 10 minutes. Invert on serving platter and let stand about 1 minute before removing baking dish. Makes 4½ cups rice mixture or 4 servings.

APRICOT HAM ROLLS

1 can (12 oz.) apricot nectar
1 tablespoon prepared mustard
½ teaspoon salt
1 cup Minute Rice
2 tablespoons finely chopped parsley
1 tablespoon butter
6 to 8 slices ham or spiced luncheon meat
1 tablespoon Log Cabin Syrup

Combine 1⅓ cups of the apricot nectar, mustard, and salt in a skillet. Bring to a boil. Stir in rice. Cover and simmer 5 minutes. Add parsley and butter. Fluff lightly with a fork. Spoon rice mixture onto the slices of ham. Fold two opposite corners of ham over one another and attach with a toothpick. (This leaves 2 ends open.) Combine remaining apricot nectar and syrup in skillet. Bring just to a boil. Add ham rolls and simmer over low heat, basting occasionally, until thoroughly heated—about 5 minutes. Makes 6 to 8 rolls or 3 or 4 servings.

HAM AND RICE TIMBALES

¼ cup chopped onion
1 can (4 oz.) mushroom pieces, drained
1 cup diced cooked ham
2 tablespoons butter
1⅓ cups Minute Rice
1⅓ cups water
½ teaspoon salt
Dash of pepper
½ cup sliced Brazil nuts or chopped pecans
3 eggs, slightly beaten
Mustard Sauce

Sauté onion, mushrooms, and ham in butter until onion is transparent. Stir in remaining ingredients except eggs and sauce. Bring quickly to a boil. Remove from heat, cover, and let stand 5 minutes. Stir in eggs.

Pack into 6 well-greased custard cups. Place in a large shallow skillet or pan. Pour ½ inch hot water around cups. Cover and simmer for 15 to 20 minutes, or until firm. To unmold, loosen around edges, invert, and let stand 1 minute before removing cups. Serve with sauce. Makes 3 cups or 6 servings.

Mustard Sauce. Melt 2 tablespoons butter; mix in 3 tablespoons all-purpose flour. Gradually stir in 2 cups milk. Add 1 teaspoon salt and a dash of pepper. Cook and stir until thickened. Remove from heat; stir in 2 tablespoons prepared mustard. Makes 2 cups.

PINEAPPLE-SAUSAGE SKILLET

1 package (8 oz.) brown 'n serve sausages
½ cup thinly sliced scallions
1 can (8¾ oz.) pineapple tidbits
1 tablespoon brown sugar
¾ teaspoon salt
¼ teaspoon dry mustard
Dash each pepper and ginger
1⅓ cups Minute Rice

Brown sausages in skillet. Pour off all except 1 tablespoon drippings. Add scallions and sauté briefly, stirring frequently. Meanwhile, drain pineapple, measuring syrup and adding water to make 1⅓ cups. Add syrup mixture, brown sugar, salt, mustard, pepper, ginger, and pineapple to skillet. Bring mixture to a boil. Stir in rice. Cover and simmer 5 minutes. Makes 4 cups or 4 servings.

SAUSAGE-RICE SCRAMBLE

1 package (8 oz.) brown 'n serve sausages, halved
⅓ cup chopped onion
1 tablespoon salad oil
1⅔ cups beef bouillon
¼ teaspoon basil
½ teaspoon salt
1 package (10 oz.) Birds Eye Mixed Garden Vegetables or Peas and Carrots
¼ cup Good Seasons Open Pit Barbecue Sauce, any flavor
1⅓ cups Minute Rice

Sauté sausages and onion in oil in skillet until browned. Add bouillon to skillet with basil, salt, and vegetables. Bring to a boil; then cover and simmer 5 minutes. Stir in barbecue sauce and rice. Cover and simmer 5 minutes. Makes 5 cups or 4 or 5 servings.

(Pictured above)

1 package (8 oz.) sliced Swiss cheese
4 slices boiled ham
8 slices (about 12 oz.) veal scaloppine
2 tablespoons all-purpose flour
1 teaspoon salt
⅛ teaspoon pepper
3 tablespoons butter
¼ cup minced onion
2 cups hot water
1 tablespoon lemon juice
1 can (4 oz.) mushrooms
1⅓ cups Minute Rice

Cut 2 slices of cheese into 4 strips each. Cut ham slices in half. Place 1 strip of cheese and 1 piece of ham in the center of each slice of veal. Fold over edges of veal and fasten each roll with a toothpick. Combine flour, salt, and pepper. Roll the veal rolls in flour — reserve remaining flour mixture. Sauté veal rolls in butter until golden brown on all sides. Remove from skillet; set aside.

Add onion to butter remaining in skillet; sauté until transparent. Stir in remaining flour mixture. Gradually stir in hot water, blending until smooth. Add lemon juice and mushrooms. Bring to a boil. Meanwhile, cut remaining cheese into narrow strips. Combine with rice in a shallow 2½-quart baking dish. Pour hot mushroom mixture over rice. Top with veal rolls. Cover and bake at 400° for 20 to 25 minutes. Garnish with lemon wedges, if desired. Makes 8 veal rolls plus rice or 4 servings.

Bubbly, broiled cheese tops the veal and its flavorful ring of tomatoes and rice.

1 pound veal scaloppine
3 tablespoons olive or salad oil
3 large cloves garlic
2 cans (1 lb. 12 oz. each) tomatoes
½ cup tomato juice or water
1 tablespoon sugar (optional)
2 to 3 teaspoons salt
1½ teaspoons oregano
⅛ teaspoon pepper
1⅓ cups Minute Rice
4 slices Mozzarella or process American cheese, cut in strips

Sauté veal quickly in oil until lightly browned on both sides. Remove from skillet; keep warm. Reduce heat; sauté garlic in oil until golden brown. Add tomatoes, stirring gently and breaking tomatoes slightly. Stir in tomato juice and seasonings. Simmer for about 20 minutes.

Then remove garlic and bring mixture to a boil. Press rice into mixture around edge of skillet. Arrange veal in center. Cover, remove from heat, and let stand 5 minutes. Then place cheese on veal and broil just until lightly browned and bubbly. Makes 3½ cups rice plus veal or 4 to 6 servings.

Note: If veal scaloppine (Italian-style veal cutlets) are not available, use 1 pound veal steak, ½ inch thick. Cut steak into 2-inch squares and split each by slicing almost to edge. Spread slices apart and pound flat.

VEAL ROLET ROMANO

Delicious hot or cold — veal with a smooth, creamy tuna sauce and savory rice.

1 can (2 oz.) anchovy fillets, drained
2-pound rolled boned veal roast
2 sprigs parsley
1 small onion
1 bay leaf
1 stalk celery
1 carrot
1 teaspoon salt
1 cup white wine
1 cup water
½ cup mayonnaise
1 can (3½ oz.) tuna, drained
2 tablespoons lemon juice
¼ cup capers
2 cups Minute Rice

Insert 4 of the anchovy fillets into folds of rolled veal roast. Place in heavy pan with parsley, onion, bay leaf, celery, carrot, salt, wine, and water. Cover tightly and bring to a boil. Skim off top surface. Cover and cook gently over low heat until tender — about 1½ hours. Thinly slice meat; arrange on serving platter with slices overlapping slightly. (Reserve veal stock in pan for use in the sauce and the rice.)

Place mayonnaise, tuna, remaining anchovy fillets, lemon juice, 2 tablespoons capers, and 2 tablespoons of the veal stock in blender; blend until creamy. If mixture is too thick, add more stock to achieve the consistency of heavy cream. (If blender is not available, combine the ingredients and press through a sieve to purée.) Pour over veal slices. Sprinkle with remaining capers. Chill thoroughly.

Meanwhile, strain and measure remaining veal stock; add water to make 2 cups. Bring to a boil. Stir in rice. Cover, remove from heat, and let stand 5 minutes. Chill thoroughly; then serve with chilled veal. Makes about 6 servings.

Note: If desired, rice may be served hot with the chilled veal. Or both veal and rice may be served hot; prepare blender sauce and rice before slicing meat and serve both immediately.

VEAL GOULASH

6 onions, thinly sliced (about 4 cups)
1 clove garlic, minced
¼ cup butter
3 tablespoons paprika
2 tablespoons vinegar
*2 pounds boned veal shoulder, cut in 1½-inch cubes**
2 bouillon cubes
1¾ cups boiling water
¼ cup tomato paste
1½ teaspoons salt
1 teaspoon sugar
½ teaspoon caraway seed
⅛ teaspoon pepper
1⅓ cups Minute Rice
½ cup sour cream

*Or use 2 pounds boned beef, cubed.

In a large skillet, sauté onions and garlic in butter until golden brown. Stir in paprika and vinegar. Add veal and brown lightly. Dissolve bouillon cubes in boiling water. Add to veal mixture with remaining ingredients except rice and sour cream. Cover and simmer 1 to 1½ hours, or until meat is tender. (Add water if necessary.) Meanwhile, prepare rice as directed on page 81. Just before serving, blend a little of the hot goulash liquid into sour cream; then stir cream into goulash. Serve over rice. Makes 4 cups goulash plus rice or 4 servings.

CREAMY VEAL STEW DELUXE

3 pounds veal, cut in 1-inch cubes
¼ cup salad oil
2 cans (4 oz. each) mushrooms
2 cans (10½ oz. each) condensed cream of mushroom soup
1 cup white wine
½ cup chopped onion
1 teaspoon oregano
1 cup sour cream
2⅔ cups Minute Rice

Sauté veal in oil until browned. Meanwhile, drain mushrooms, measuring liquid and adding water to make 1 cup. Then stir mushroom liquid, soup, ½ cup of the wine, onion, and oregano into veal. Bring to a boil. Cover and simmer until veal is tender — about 1¼ hours, stirring occasionally.

About 15 minutes before serving, start preparing rice as directed on page 81. Just before serving, add remaining wine, mushrooms, and sour cream to veal mixture. Serve over rice. Makes 8 cups veal mixture plus rice or 8 servings.

LAMB CURRY

2½ pounds boned lamb shoulder, cut in 1¼-inch cubes
3 tablespoons all-purpose flour
2 teaspoons salt
⅛ teaspoon pepper
½ cup chopped onion
1 clove garlic, minced
1 tablespoon curry powder
1 can (1 lb.) tomatoes
1 cup water
1 tablespoon butter
1 teaspoon lemon juice
2 cups Minute Rice

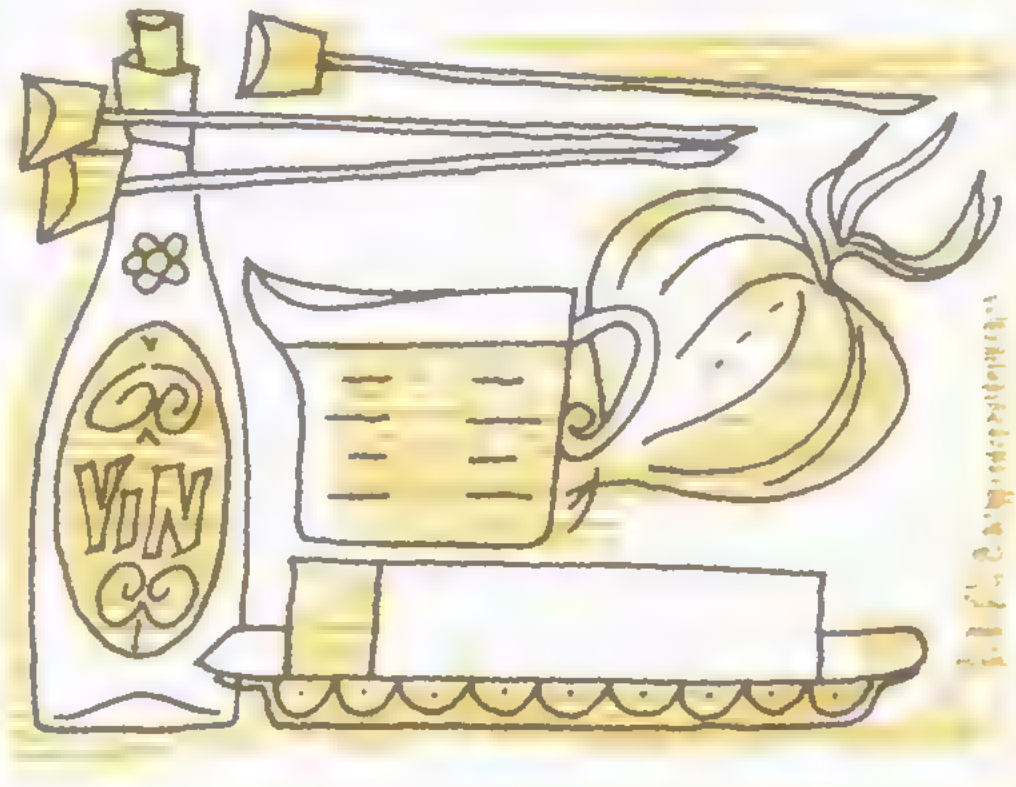
Heat a few pieces of fat trimmed from lamb in a large skillet. Meanwhile, dust meat with mixture of flour, salt, and pepper. Remove pieces of fat from skillet; quickly brown the lamb in the drippings. Pour off any excess drippings; then add onion and garlic and sauté until transparent. Stir in curry powder, tomatoes, water, butter, and lemon juice. Bring to a boil. Cover and cook gently for 1 hour, or until meat is tender.

About 10 or 15 minutes before serving, start preparing rice as directed on page 81. Serve curry over rice with condiments, such as chutney, coconut, peanuts, and crumbled crisp bacon, if desired. Makes 5⅓ cups curry plus rice or 5 or 6 servings.

MIDDLE EASTERN LAMB STEW

2 pounds boned lamb shoulder, cut in 1-inch cubes
¾ cup finely chopped onions
1 clove garlic, sliced
1 can (6 oz.) tomato paste
1 teaspoon salt
⅛ teaspoon pepper
1 cup Burgundy wine or unsweetened grapefruit juice
1½ cups water
¾ cup whole cranberry sauce
¼ teaspoon ginger
¼ teaspoon oregano
Lemon Rice (page 49)

Heat several pieces of fat trimmed from lamb in large skillet; then remove pieces of fat and brown lamb in the drippings. Pour off excess drippings. Add onions, garlic, tomato paste, salt, pepper, wine, and water. Cover and simmer for 45 minutes. Add cranberry sauce, ginger, and oregano. Cook another 45 minutes, or until meat is tender. (More water may be added during cooking, if necessary.) Serve with Lemon Rice. Makes 4 to 6 servings.



SAVORY RICE AND LAMB KEBABS

¼ cup salad oil
2 tablespoons vinegar
1 package dehydrated onion soup mix
2 cloves garlic, split
1 pound boned lamb, cut in 1-inch cubes
2 cups water
1⅓ cups Minute Rice
1½ cups cooked peas
2 small tomatoes, cut in wedges

Combine oil, vinegar, 1 tablespoon of the soup mix, and 1 clove garlic in bowl. Add meat and stir to coat all sides. Let stand to marinate at least 3 hours. (To marinate meat longer than 3 hours, refrigerate.) Then place meat on skewers and broil or grill until of desired doneness. Meanwhile, combine marinade, remaining soup mix, 1 clove garlic, and water. Bring to a boil. Discard garlic. Stir in rice, peas, and tomatoes. Cover and bring again to a boil; then simmer 5 minutes. Serve rice with the lamb kebabs. Makes about 5⅓ cups rice mixture plus lamb kebabs or 4 or 5 servings.

CAREFREE CASSEROLE

(Pictured at left)

1⅓ cups Minute Rice
1 can (10½ oz.) condensed cream of mushroom soup
1¼ cups water
2 cups diced cooked or 1 can (12 oz.) boned chicken*
1 cup cooked peas or peas and carrots
½ teaspoon salt
½ cup grated Cheddar cheese

*Or use 1 can (7 oz.) tuna, drained and flaked.

Measure rice into a 1½-quart casserole. Blend soup and water in a saucepan. Stir in chicken, peas, and salt. Bring quickly to a boil, stirring occasionally. Stir into rice. Sprinkle with cheese. Cover and bake at 400° for 20 minutes. Stir. Garnish with potato chips or hot French fried onion rings, if desired. Makes about 4 cups or 4 servings.

BRAZILIAN CHICKEN

3 pounds frying chicken pieces
3 tablespoons butter
½ cup chopped onion
1 clove garlic, crushed
1 jar (2½ oz.) dried beef, diced
2 chicken bouillon cubes
3⅓ cups hot water
1⅓ cups Minute Rice
½ cup sliced ripe olives
1 hard-cooked egg, finely chopped
2 tablespoons finely chopped parsley
2 tablespoons grated Parmesan cheese

Sauté chicken in butter in a large deep skillet until golden brown. Add onion, garlic, and dried beef; sauté until onion is transparent. Dissolve bouillon cubes in hot water. Add 1½ cups bouillon to chicken mixture. Bring to a boil; cover and cook gently until chicken is almost tender — 30 minutes.

Stir rice and olives into remaining bouillon in a saucepan. Bring to a boil. Then cover, remove from heat, and let stand 5 minutes. Mix egg, parsley, and cheese. Place rice on a platter, top with chicken, and sprinkle with egg mixture. Makes 4 or 5 servings.

(Pictured above)

An excellent way to revive interest in leftover turkey or chicken — also an easy-to-make, economical dish to serve a crowd.

ingredients	6 servings	24 servings
unsifted all-purpose flour	5 tablespoons	1¼ cups
salt	1 teaspoon	4 teaspoons
onion salt	¼ teaspoon	1 teaspoon
butter, melted	¼ cup	1 cup
milk or light cream	2½ cups	2½ quarts
Minute Rice	1⅓ cups	5⅓ cups
turkey or chicken broth	1½ cups	6 cups
grated process American or Parmesan cheese	½ cup	2 cups
cooked asparagus	1½ cups	6 cups
sliced or diced cooked turkey or chicken	2 cups	8 cups
toasted slivered almonds	2 tablespoons	½ cup

Blend flour, half of the salt, and onion salt into butter; then gradually stir in milk. Cook and stir over hot water until thickened. Pour rice into a shallow 2-quart baking dish. (For 24 servings, divide ingredients between four baking dishes or pans.) Combine broth and remaining salt; pour over the rice. Sprinkle on half of the cheese and top with asparagus; then add turkey. Pour on sauce. Sprinkle with remaining cheese. Bake at 375° for 20 minutes. Garnish with the toasted almonds just before serving.

CHICKEN CONTINENTAL

3 pounds frying chicken pieces
⅓ cup seasoned all-purpose flour
¼ cup butter
1 can (10½ oz.) condensed cream of chicken soup
2½ tablespoons grated onion
1 tablespoon chopped parsley
1 teaspoon salt
½ teaspoon celery flakes
⅛ teaspoon thyme
Dash of pepper
1⅓ cups water
1⅓ cups Minute Rice

Roll chicken in seasoned flour. Sauté in butter in a skillet until golden brown. Remove chicken from skillet. Combine soup, onion, and seasonings in skillet. Gradually stir in water. Bring to a boil over medium heat, stirring constantly. Pour rice into a shallow 1½-quart casserole. Stir in all except ⅓ cup soup mixture. Top with chicken and pour reserved soup mixture over chicken. Cover with aluminum foil and bake at 375° about 30 minutes, or until chicken is tender. Sprinkle with paprika and garnish with additional chopped parsley, if desired. Makes about 4 servings.

CAN-CAN CHICKEN

1 can (10½ oz.) condensed cream of chicken soup
1 can (10½ oz.) condensed cream of celery soup
1 can (1⅓ cups) water
1⅓ cups Minute Rice
1 can (12 oz.) boned or 1½ cups diced cooked chicken
*1 can (3 oz.) chow mein noodles**

*Or use 1 can (3½ oz.) French fried onions and heat as directed on can.

Combine all ingredients except noodles in a large skillet. Bring quickly to a boil. Cover and simmer 7 minutes. To serve, top with chow mein noodles. Makes about 5½ cups or 4 to 6 servings.

SPANISH CHICKEN AND RICE

(Arroz con Pollo)

2 to 3 pounds frying chicken pieces
¼ cup seasoned all-purpose flour
3 tablespoons butter
½ clove garlic
½ cup sliced onion
¼ pound fresh mushrooms, sliced (about 1½ cups)
*1 can (1 lb. 12 oz.) tomatoes**
1½ cups chicken broth or bouillon
½ bay leaf
1 teaspoon salt
⅛ teaspoon saffron (optional)
1⅓ cups Minute Rice
½ cup cooked peas
¼ cup sliced green pepper
1 tablespoon chopped parsley

*Or use 2 cans (8 oz. each) tomato sauce.

Roll chicken in seasoned flour. Sauté in butter in skillet until golden brown. Place chicken in a large saucepan. Sauté garlic, onion, and mushrooms in butter remaining in skillet until tender; add to chicken with tomatoes, broth, bay leaf, salt, and saffron. Mix well. Cover and simmer about 30 minutes, or until chicken is tender, stirring occasionally. Then stir in remaining ingredients. Simmer 5 to 10 minutes longer. Before serving, remove and discard bay leaf and garlic. Makes 4 servings.

GINGER CHICKEN AND RICE

2 pounds frying chicken pieces
2 teaspoons salt
⅛ teaspoon pepper
1 tablespoon butter
1 small clove garlic, crushed
⅓ cup chopped celery
*½ cup corn syrup**
*1½ teaspoons ground ginger**
2 tablespoons lemon juice
1 can (12½ oz.) chicken broth or consommé
1⅓ cups Minute Rice

*Or use 1 tablespoon chopped preserved ginger and ¼ cup of the syrup in which it is packed.

Sprinkle chicken with salt and pepper. Sauté in butter until browned. Add garlic and celery and sauté until garlic is lightly browned. Blend corn syrup, ginger, lemon juice, and 1 cup of the consommé; pour over chicken. Bring to full boil; then cover and simmer until tender — about 15 minutes. Remove chicken; add remaining consommé to mixture in pan. (If desired, refrigerate chicken and consommé mixture separately until about 30 minutes before serving.)

Then place rice in shallow 2½-quart baking dish. Bring consommé mixture to boil. Stir into rice. Top with chicken. Cover and bake at 400° for 25 minutes. Makes about 3 cups rice plus chicken or 4 servings.

CHICKEN LUZON

An exotic dish with both the chicken and rice flavored with lime and soy sauce.

¼ cup lime juice
2 tablespoons soy sauce
½ teaspoon salt
⅛ teaspoon pepper
3 pounds frying chicken pieces
⅓ cup salad oil
1 lime, sliced
1⅓ cups water
½ teaspoon salt
1⅓ cups Minute Rice
1 tablespoon soy sauce
2 tablespoons lime juice
1 tablespoon chopped scallions or chives

Combine ¼ cup lime juice, 2 tablespoons soy sauce, ½ teaspoon salt, and pepper. Pour over chicken and refrigerate about 12 hours to marinate. Then drain, reserving marinade.

Sauté chicken in oil, turning to brown evenly. Add reserved marinade and lime slices. Cover and cook gently 20 to 40 minutes, or until chicken is tender.

Meanwhile, bring water and ½ teaspoon salt to a boil. Stir in remaining ingredients. Cover, remove from heat, and let stand 5 minutes. Toss lightly with a fork. Arrange on serving platter and top with chicken. Makes about 4 servings.

SUNSHINE CHICKEN

1⅔ cups thinly sliced carrots
2 tablespoons butter
¼ cup chopped onion
1⅓ cups orange juice
⅔ cup water
2 tablespoons sugar
1 teaspoon salt
½ teaspoon grated orange rind
½ teaspoon poultry seasoning
⅛ teaspoon pepper
1½ cups diced cooked chicken
1⅓ cups Minute Rice

Sauté carrots in butter in large skillet over medium heat until almost tender — about 5 minutes, turning frequently. Add onion and sauté until lightly browned. Add remaining ingredients except chicken and rice. Bring to a boil. Then stir in chicken and rice. Cover and simmer 8 minutes. Makes about 5 cups or 4 servings.

(Pictured above)

1 cup chopped onions
½ cup chopped green pepper
¼ cup butter
¾ cup unsifted all-purpose flour
*5 cups chicken broth**
1½ teaspoons salt
2 tablespoons curry powder
4 cups diced cooked chicken
½ cup slivered blanched almonds
2 tablespoons butter
2⅔ cups water
⅓ cup dried currants
1 teaspoon salt
2⅔ cups Minute Rice

*Or use 3 cans (12½ oz. each) chicken broth.

Sauté onions and green pepper in ¼ cup butter in skillet until tender. Stir in flour. Gradually blend in chicken broth, 1½ teaspoons salt, and curry powder. Cook until thickened, stirring occasionally. Then add chicken and cook until thoroughly heated.

Meanwhile, sauté almonds in 2 tablespoons butter in a saucepan until golden brown. Add water, currants, and 1 teaspoon salt. Bring to a boil. Stir in rice. Then cover, remove from heat, and let stand 5 minutes. Fluff with fork before serving. Serve curry over rice — almonds and currants in rice eliminate the need for condiments, but chutney may be served, if desired. Makes 8 cups curry and 6⅔ cups rice or 8 servings.

CHICKEN AND RICE ALEXANDRIA

1 cup milk
¼ cup unsifted all-purpose flour
1½ cups water
1 cup chicken broth
¼ cup butter
¼ cup sherry (optional)
¼ teaspoon Worcestershire sauce
1½ teaspoons salt
Dash of pepper
1⅓ cups Minute Rice
1½ cups diced cooked chicken
1 can (4 oz.) sliced mushrooms
3 tablespoons finely chopped pimiento
2 tablespoons chopped parsley
2 teaspoons butter, melted
½ cup dry bread crumbs

Blend milk into flour in large saucepan; add water, broth, and ¼ cup butter. Cook and stir over medium heat until mixture comes to a boil and is thickened — 4 to 5 minutes. Then add sherry, Worcestershire sauce, salt, and pepper; blend. Stir in rice, chicken, mushrooms, pimiento, and parsley. Pour into a greased 2-quart casserole. Mix melted butter and crumbs; sprinkle over rice mixture. Bake at 450° for 15 minutes. Garnish with additional pimiento or parsley just before serving, if desired. Makes about 6 cups or 4 to 6 servings.

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1 small clove garlic, minced
3 tablespoons salad oil
*1½ cups diced cooked chicken**
1⅓ cups Minute Rice
⅛ teaspoon pepper
2 cups water
1½ cups shredded lettuce, escarole, or spinach
2 tablespoons soy sauce

*Or use diced cooked ham, pork, or beef.

Sauté garlic in oil just until golden brown. Add chicken, rice, pepper, and water; mix just to moisten rice. Bring to a boil over high heat. Then cover, remove from heat, and let stand 5 minutes. Just before serving, add lettuce and soy sauce; toss lightly. Makes about 4⅔ cups or 4 servings.

HONEY-GLAZED CHICKEN

3 broiling chickens, halved
Salt
½ teaspoon curry powder
¼ cup honey
¼ cup prepared mustard
2 tablespoons butter, melted
1½ cups water
1 chicken bouillon cube
1 teaspoon salt
¼ cup chopped onion
½ cup raisins
1⅓ cups Minute Rice
¼ cup chopped nuts

Sprinkle chickens with salt. Place skin side up on a broiling rack. Combine curry powder, honey, mustard, and butter; brush over chickens. Broil about 6 inches from heat about 30 minutes, turning and brushing with honey mixture every 5 minutes.

When chickens have broiled about 20 minutes, combine water, bouillon cube, 1 teaspoon salt, onion, raisins, and 2 tablespoons of the honey mixture in a saucepan. Bring to a boil. Stir in rice. Cover, remove from heat, and let stand 5 minutes. Then add nuts and fluff lightly with a fork.

Turn chickens skin side down. Spoon about ½ cup rice mixture into each half. Broil another 3 minutes. Makes 6 servings.

Note: If desired, chicken may be cooked on a grill over glowing coals instead of in broiler. Press an 18x12-inch sheet of aluminum foil into a bowl to form a pouch; combine rice mixture in pouch. Seal tightly and grill 15 minutes; open, stir in nuts, reseal, and grill 5 minutes. Serve with chicken.

BAKED CHICKEN LOAF

1 cup milk
*1 cup chicken broth**
2 tablespoons butter
3 eggs, slightly beaten
2 cups finely diced cooked chicken
1 tablespoon minced parsley
1 teaspoon grated onion
¾ teaspoon salt
Dash of pepper
1 teaspoon Worcestershire sauce
½ teaspoon poultry seasoning
1⅓ cups Minute Rice
1 can (10½ oz.) condensed cream of mushroom soup

*Or use 1 chicken bouillon cube dissolved in 1 cup hot water.

Bring milk, ½ of the broth, and butter almost to boiling point. Meanwhile, combine remaining ingredients except remaining broth and soup; add milk mixture and mix well. Butter bottom and sides of a 9x5-inch loaf pan, line bottom with wax paper, and butter the paper. Pour rice mixture into pan. Bake at 350° for 30 minutes, or until firm.

Meanwhile, combine remaining ½ cup broth and the soup; heat thoroughly, stirring frequently. Unmold baked loaf on serving platter and remove paper. Serve soup mixture as sauce with the loaf. Makes 4 cups or 4 to 6 servings.

CHICKEN IN WHITE WINE SAUCE

2 pounds small white onions, peeled
8 small carrots
½ teaspoon salt
3 cups boiling water
2 broiling chickens, quartered
½ cup butter
1 cup dry white wine
1 cup heavy cream
1½ teaspoons salt
Pepper
2 tablespoons all-purpose flour
1 egg yolk, beaten
2 cups Minute Rice

Add onions, carrots, and ½ teaspoon salt to water and cook about 10 minutes. Drain. Meanwhile, brown chicken lightly in butter in a Dutch oven or a large kettle. Add wine, cream, onions and carrots, 1½ teaspoons salt, and pepper. Cover and simmer for 35 to 40 minutes, or until chicken is tender. Place chicken, onions, and carrots on a warm serving dish or platter.

Pour off and reserve all except about ¾ cup liquid in kettle. Gradually blend flour with liquid in kettle, stirring until smooth. Then gradually add reserved liquid. Cook and stir until gravy thickens. Stir a little hot gravy into egg yolk. Add egg yolk to hot gravy and cook about 2 minutes, or until thick. Meanwhile, prepare rice as directed on page 81. To serve, spoon gravy over rice and chicken. Makes 4 to 6 servings.

ROAST PHEASANT

2 pheasants (about 2½ lb. each)
Salt
"Wild" Rice Stuffing (page 59)
4 slices bacon
½ cup (about) butter or margarine, melted

Wipe inside and outside of pheasants with a damp cloth. Rub cavities with salt; then fill loosely with stuffing. (Do not pack tightly.) Tie wings and legs to bodies and close openings with skewers. Place breast sides up on rack in roasting pan. Lay 2 slices bacon over breast of each. Roast at 350° about two hours or until tender, basting frequently with melted butter and the pan drippings. Makes about 4 to 6 servings.

Note: The pheasant should be roasted immediately after stuffing.

TUNA RICE PIE

Well-seasoned rice forms a delicious crust to hold a savory tuna and cheese mixture.

1⅓ cups Minute Rice
1⅓ cups water
½ teaspoon salt
1½ teaspoons butter
1 egg, slightly beaten
1 cup grated process American or Swiss cheese
1 can (7 oz.) tuna, drained
¾ cup milk, scalded
2 eggs
½ teaspoon salt
⅛ teaspoon nutmeg
⅛ teaspoon pepper

Measure rice into a 9-inch pie pan. Bring water, ½ teaspoon salt, and butter to a boil. Stir into rice, cover, and let stand 5 minutes. Then blend in beaten egg. Press against bottom and sides, not above rim, of pan.

Sprinkle ½ cup cheese into rice crust; top with half of the tuna. Repeat layers. Blend remaining ingredients; pour over tuna. Bake at 400° for 25 minutes. If desired, top pie with seasoned tomato wedges or cooked asparagus 5 minutes before it has finished baking. Makes 6 servings.

TUNA-RICE LOAF

1⅔ cups (14½-oz. can) evaporated milk
⅓ cup water
2 cans (7 oz. each) tuna, drained and flaked
2 cups Minute Rice
¼ cup butter, melted
1 tablespoon minced parsley
¾ teaspoon salt
Dash of pepper
2 eggs, slightly beaten
Souper Cheese Sauce
or
Quick Cheese Sauce (page 35)

Combine milk and water; bring just to boiling point. Meanwhile, combine remaining ingredients except sauce in a bowl. Add milk mixture and blend well. Grease bottom and sides of a 9x5-inch loaf pan, line bottom with wax paper, and grease paper. Pour rice mixture into pan. Bake at 350° for 10 minutes; then pour ½ cup cheese sauce over loaf and bake another 10 to 15 minutes, or until firm. Unmold on platter and remove paper. Serve with remaining cheese sauce that has been reheated. Garnish loaf and sauce with additional parsley, if desired. Makes 5¼ cups or 5 or 6 servings.

Souper Cheese Sauce. Combine 1 can (11 oz.) condensed Cheddar cheese soup and ¼ cup milk in saucepan; bring just to a boil. Add ½ cup grated Cheddar cheese and stir over medium heat until cheese melts—about 1 minute. Makes about 2 cups sauce.

Note: For 3 cups sauce, omit grated cheese and use 2 cans of soup and ½ cup milk.

COTTAGE CHEESE-RICE BAKE

(Pictured on opposite page)

1⅓ cups water
½ teaspoon salt
1⅓ cups Minute Rice
2 cups (1 lb.) cream-style cottage cheese
3 eggs, slightly beaten
1½ cups milk
2 tablespoons butter, melted
1½ teaspoons salt
⅛ teaspoon pepper
1 tablespoon minced parsley
1 tablespoon grated onion
¼ cup grated carrot
Savory Sauce (page 47) or Asparagus-Almond Sauce (page 47)

Bring water and ½ teaspoon salt to a boil. Stir in rice. Cover, remove from heat, and let stand 5 minutes. Meanwhile, add cottage cheese to eggs and beat only enough to break up curds. Blend in milk, butter, 1½ teaspoons salt, and pepper. Add rice, parsley, onion, and carrot. Pour into a greased 8-inch square pan. Place in a pan of hot water and bake at 375° for 1 hour, or until knife inserted near center comes out clean. Remove from water. Cut into squares and serve with sauce. Makes 6 cups or 9 servings.

FIVE MINUTE PAELLA

(Pictured above)

1⅓ cups Minute Rice
2 tablespoons minced onion
1 cup bouillon
⅛ teaspoon saffron
1 can (7½ oz.) minced clams
1 can (7 oz.) small oysters
1 can (4½ oz.) shrimp
4 pimientos, quartered

Combine all ingredients in a saucepan. Cover and bring to a boil. Then simmer 5 minutes. Makes 5⅔ cups or 4 to 6 servings.

Note: If desired, 1 can (1 lb.) tomatoes may be substituted for the bouillon, omitting saffron and pimientos.

Chicken-Seafood Paella. Prepare as for Five Minute Paella, increasing bouillon to 1½ cups, substituting 1 can (6 oz.) boned chicken for the oysters, and adding ½ teaspoon salt.

SHRIMP ELEGANTE

2 tablespoons minced shallots or onion
2 tablespoons butter
1 pound shrimp, cleaned
*¼ pound mushrooms, sliced (about 1½ cups)**
1⅔ cups water
3 tablespoons chili sauce
1 teaspoon salt
⅛ teaspoon pepper
1⅓ cups Minute Rice
1 cup sour cream
1 tablespoon all-purpose flour
1 tablespoon chopped chives (optional)

*Or use 1 can (4 oz.) sliced mushrooms, drained.

Sauté shallots in butter in a skillet just until tender. Add shrimp and mushrooms; sauté until shrimp are just pink, stirring occasionally. Combine water, chili sauce, salt, and pepper; add to shrimp mixture. Bring to a boil. Stir in rice. Then cover and simmer 5 minutes. Meanwhile, combine sour cream and flour. Add to rice mixture; heat gently. Sprinkle with chives before serving. Makes about 4½ cups or 4 servings.

MARDI GRAS CASSEROLE

3 tablespoons butter
3 tablespoons all-purpose flour
Dash of pepper
¼ teaspoon salt
1⅔ cups (14½-oz. can) evaporated milk
1 cup shredded Cheddar cheese
1⅓ cups Minute Rice
1 tablespoon chopped parsley
½ teaspoon oregano
½ teaspoon salt
1⅓ cups water
1 can (1 lb.) tomatoes, drained and sliced
½ medium onion, thinly sliced
2 cans (7 oz. each) tuna, drained and flaked

Melt butter in saucepan; blend in flour, pepper, and ¼ teaspoon salt. Gradually add milk, stirring constantly over medium heat. Continue to cook and stir until thickened. Add cheese. Cook and stir until melted.

Combine rice, parsley, oregano, ½ teaspoon salt, and water in a shallow 11x7-inch baking dish. Place two-thirds of the tomato slices on rice. Then add onion and tuna. Spread cheese sauce over tuna and top with remaining tomato slices. Bake at 375° for 15 minutes. Makes about 6 cups or 6 servings.

CLAMS AND RICE

¼ cup chopped onion
½ clove garlic, crushed
2 tablespoons butter
2 cans (7½ oz. each) minced clams
1⅓ cups Minute Rice
1 tablespoon lemon juice
½ teaspoon salt
⅛ teaspoon coarsely ground pepper
Pinch of saffron (optional)
2 tablespoons chopped parsley

Sauté onion and garlic in butter in skillet until lightly browned. Drain clams, measuring liquid and adding water to make 1⅓ cups. Stir liquid, clams, rice, lemon juice, and seasonings into skillet. Bring to a boil; then cover and simmer 5 minutes, or just until liquid is absorbed. Add parsley and fluff with a fork. Garnish with lemon wedges and additional parsley, if desired. Makes about 3 cups or 4 servings.

Shrimp and Rice. Prepare as for Clams and Rice, using 2 cans (4½ oz. each) shrimp, drained, or 2 cups diced cooked shrimp instead of clams and substituting 1⅓ cups water for the clam liquid mixture.

HADDOCK WITH BLUE-CHEESE RICE

1⅓ cups Minute Rice
1⅓ cups boiling water
1 cup (8 oz.) cottage cheese
1 egg, slightly beaten
2 tablespoons chopped dill pickle
2 tablespoons minced onion
1 tablespoon chopped parsley
1 teaspoon salt
Dash of pepper
1 pound haddock fillets
1 tablespoon lemon juice
⅓ cup light cream
2 tablespoons butter
Salt, pepper, and paprika

Combine rice and boiling water in a lightly greased shallow 2-quart baking dish. Cover. Let stand 5 minutes, or until water is absorbed. Then add cottage cheese, egg, pickle, onion, parsley, 1 teaspoon salt, and dash of pepper; mix well. Cut fish into serving portions; arrange over rice mixture. Pour lemon juice and light cream over fish. Dot with butter and sprinkle with salt, pepper, and paprika. Cover. Bake at 350° for 30 minutes; then remove cover and bake 5 minutes longer, or until fish can be flaked with fork. Makes 3 cups rice plus fish or 4 or 5 servings.

CURRIED SHRIMP-RICE SUPPER

1 can (10½ oz.) condensed cream of mushroom soup
2 cups water
1½ teaspoons curry powder
1 teaspoon salt
1⅓ cups (about) Baker's Angel Flake Coconut
1⅓ cups Minute Rice
1 pound cleaned shrimp

Bring soup, water, curry powder, salt, and 1 cup of coconut to a boil. Stir in rice and shrimp. Simmer over low heat, stirring occasionally, until rice is tender — 5 to 8 minutes. Garnish with remaining coconut. Makes about 6½ cups or 6 servings.

SEASIDE SUPPER

1 can (4 oz.) sliced mushrooms
½ pound (about 1 cup) halved cleaned shrimp
½ pound scallops, cut in bite-size pieces
1⅓ cups Minute Rice
½ cup mayonnaise
1½ teaspoons salt
⅛ teaspoon pepper
2 tablespoons brandy (optional)
2 tablespoons butter

To form foil pouch, fold an 18-inch square of heavy duty aluminum foil in half; place on baking sheet. Without cutting, lift and turn back top half of foil — this will be the cover and the other half will be the bottom of pouch. Fold up the 3 edges of the bottom half 1½ inches.

Drain mushrooms, measuring liquid and adding water to make 1 cup. Combine mushrooms, shrimp, scallops, and rice in foil pan. Blend mushroom liquid with mayonnaise, seasonings, and brandy. Pour over rice mixture. Dot with butter. Lower the top half of foil and fold top and bottom edges together to seal tightly. Place on a grill over glowing coals for 20 minutes. Then open carefully, stir lightly, reseal, and cook 5 minutes longer. (Cooking time may vary according to temperature of the coals.) Makes 5½ cups or 4 or 5 servings.

Note: If desired, the pouch may be placed in a 500° oven instead of on grill — bake 20 minutes, stir, and bake 5 minutes longer.

QUICK CHEESE SAUCE

1⅔ cups (14½-oz. can) evaporated milk
2 teaspoons dry mustard (optional)
½ teaspoon salt
2 cups (8 oz.) grated process American or Cheddar cheese

Combine milk, mustard, and salt in a saucepan. Cook over medium heat to just below boiling — about 2 minutes. Add the cheese; then stir over medium heat until cheese melts — about 1 minute longer. Makes about 2½ cups sauce.

TUNA-RICE DELIGHT

2 tablespoons butter
*1 can (7 oz.) tuna, drained**
1 tablespoon chopped chives or scallions
1⅓ cups Minute Rice
1½ cups hot water
1 cup cooked sliced carrots
1 can (10½ oz.) condensed cream of mushroom soup
½ teaspoon salt
Dash of pepper
2 teaspoons lemon juice
¼ teaspoon Worcestershire sauce
2 drops Tabasco sauce

*Or use 1 can (5 or 7½ oz.) lobster or crab meat, drained.

Melt butter in skillet. Add tuna and chives. Heat and stir about 3 minutes. Remove from heat. Stir in remaining ingredients. Cover and cook over low heat until liquid is absorbed, stirring occasionally — about 10 minutes. Garnish with additional chives, if desired. Makes 4 cups or 3 or 4 servings.

QUICK SEAFOOD CASSEROLE

1 package (9 oz.) Birds Eye Cut Green Beans
1 can (1 lb.) stewed tomatoes
1 can (7 or 7½ oz.) tuna or crab meat, drained
¾ cup water
2 tablespoons butter
½ teaspoon celery salt
½ teaspoon sugar
½ teaspoon salt
⅛ teaspoon pepper
¾ cup Minute Rice
1 cup grated Cheddar cheese

Combine all ingredients except rice and cheese in saucepan; bring to a boil. Scatter rice in a 2-quart casserole. Pour in the bean mixture. Cover and bake at 450° for 10 minutes; then uncover, sprinkle with cheese, and bake 5 minutes longer. Makes about 5½ cups or 4 servings.

TUNA-RICE FRITTERS

1 cup water
½ teaspoon salt
1 cup Minute Rice
1 egg
⅔ cup milk
1 cup pancake mix
1 tablespoon minced onion
1 tablespoon chopped parsley
1 can (7 oz.) tuna, drained and flaked
Fat for frying
Quick Cheese Sauce (page 35)

Bring water and salt to a boil. Stir in rice. Cover, remove from heat, and let stand 5 minutes. Meanwhile, blend egg and milk. Add pancake mix, stirring just until mixture is fairly smooth. Fold in onion, parsley, tuna, and rice. Drop batter by spoonfuls into ½ inch hot fat in skillet — do not crowd. Fry until golden brown — about 3 minutes on each side. Drain on paper toweling. (To keep fritters hot, place in 225° oven.) Serve with the sauce, if desired. Makes about 16 fritters or 4 or 5 servings.

TUNA-TOMATO CASSEROLE

1 can (10½ oz.) condensed cream of mushroom or cream of vegetable soup
½ cup milk
⅔ cup grated Cheddar cheese
1⅓ cups Minute Rice
½ teaspoon oregano (optional)
Dash of pepper
1 can (1 lb.) tomatoes
1 cup water
½ onion, thinly sliced
2 cans (7 oz. each) tuna, drained and flaked
⅓ cup sliced stuffed olives
½ cup crushed potato chips (optional)

Combine soup, milk, and cheese; heat until cheese is melted, stirring occasionally. Meanwhile, combine rice, oregano, and pepper in a greased 1½-quart shallow baking dish. Drain tomatoes, measuring ½ cup of the juice. Stir juice and water into rice. Slice tomatoes and arrange about three-quarters of them on rice mixture. Add onion, tuna, and olives. Pour on soup mixture and sprinkle with potato chips. Arrange remaining tomato slices on top. Bake at 375° for 20 to 25 minutes. Makes about 6 cups or 5 or 6 servings.

SEVEN SEAS CASSEROLE

(Pictured above)

One of the all-time favorites of the many that have appeared on Minute Rice packages.

1 can (10½ oz.) condensed cream of celery soup
1⅓ cups water
¼ cup finely chopped onion (optional)
1 teaspoon lemon juice (optional)
¼ teaspoon salt
Dash of pepper
1⅓ cups Minute Rice
*1½ cups drained cooked peas**
1 can (7 oz.) tuna, drained and flaked
½ cup grated Cheddar cheese
Paprika

*Or use 1 package (10 oz.) Birds Eye Green Peas, partially thawed.

Combine soup, water, onion, lemon juice, salt, and pepper in a saucepan. Bring to a boil over medium heat, stirring occasionally. Pour about half of the soup mixture into a greased 1½-quart casserole. Then, in layers, add rice, peas, and tuna. Pour on remaining soup mixture. Sprinkle with cheese and paprika. Cover and bake at 375° for 10 minutes; then cut through mixture, cover, and bake about 10 minutes longer. Makes about 6 cups or 4 servings.

TUNA PUFFS

(Pictured above)

1⅓ cups water
½ teaspoon salt
1⅓ cups Minute Rice
1 can (7 oz.) tuna, drained and finely flaked
2 tablespoons chopped parsley
2 teaspoons finely chopped onion
2 teaspoons lemon juice
¼ teaspoon Worcestershire sauce
Dash of pepper
1 can (10½ oz.) condensed cream of mushroom soup
½ cup (about) dry bread crumbs

Bring water and salt to a boil. Stir in rice. Cover, remove from heat, and let stand 5 minutes. Meanwhile, combine remaining ingredients, except the bread crumbs, and mix well. Stir in rice. Chill about 1 hour.

Shape chilled mixture into oblongs or rounds, using about ⅓ cup for each puff. Roll in bread crumbs. Fry quickly in ½ inch hot fat, turning to brown both sides. Serve with creamed peas or a cheese sauce, if desired. Makes 4 cups or 6 servings.

Appetizer Tuna Puffs. Prepare and chill mixture as for Tuna Puffs; then shape using 1 tablespoon for each. Roll in crumbs and fry. Serve as hot appetizers with a cocktail sauce, if desired. Makes 48 small puffs.

GOLDEN RISOTTO

One of Italy's favorites — well-seasoned rice with seafood, meat, and cheese.

1 can (4 oz.) sliced mushrooms
2 chicken bouillon cubes
2 cups water
⅛ teaspoon saffron (optional)
1⅓ cups Minute Rice
½ cup chopped onion
*½ pound (about 1 cup) cooked cleaned shrimp**
1 cup diced cooked ham
¼ pound brown 'n serve sausages, sliced
¼ cup butter
¼ cup grated Parmesan cheese

*Or use 1 cup diced cooked chicken.

Drain mushrooms, reserving ⅓ cup liquid. Combine liquid, bouillon cubes, water, and saffron in saucepan. Bring to a boil. Stir in rice. Cover and remove from heat; then let stand 5 minutes.

Meanwhile, sauté mushrooms, onion, shrimp, ham, and sausages in butter until lightly browned. Then add rice and cheese; mix gently with a fork. Makes about 5½ cups or 4 or 5 servings.

Note: If desired, 1 can (10½ oz.) condensed chicken consommé, plus water to make 2 cups, may be substituted for the bouillon cubes and 2 cups water.

TUNA-RICE FLORENTINE

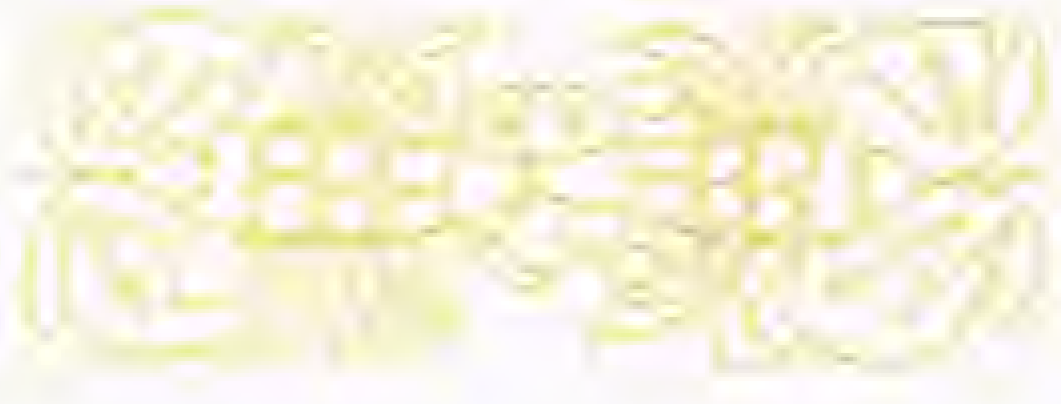
1 cup Minute Rice
1 cup boiling water
½ teaspoon grated lemon rind
½ teaspoon salt
¾ cup mayonnaise
¼ cup milk
1 teaspoon prepared mustard
1 package (10 oz.) Birds Eye Chopped Spinach, cooked and drained
1 can (7 oz.) tuna, drained
2 hard-cooked eggs, quartered
Pimiento strips (optional)

Measure rice into a greased shallow 1½-quart baking dish. Stir in water, lemon rind, and salt. Combine mayonnaise, milk, and mustard; stir into the cooked spinach. Spoon over center of rice in baking dish. Top with chunks of tuna. Cover and bake at 400° for 20 minutes. Garnish with hard-cooked eggs and pimiento strips, if desired. Makes about 5 cups or 4 servings.

TANGY LOBSTER-LIME RICE

½ clove garlic, minced (optional)
¼ cup butter
1 can (5 oz.) lobster, drained and diced
1⅓ cups water
2 tablespoons chopped parsley
2 teaspoons lime juice
1 teaspoon grated lime rind
1 teaspoon salt
1⅓ cups Minute Rice

Sauté garlic in butter until lightly brown. Add lobster and sauté lightly. Add water, parsley, lime juice and rind, and salt. Bring to a boil. Stir in rice. Then cover and simmer 5 minutes, or until rice is tender. Garnish with lime slices or parsley, if desired. Makes 3⅓ cups or 3 or 4 servings.



CRAB MEAT SUPPER

¾ cup finely chopped onions
1 can (4 oz.) mushrooms, drained
1⅓ cups Minute Rice
¼ cup butter
1 can (1 lb. 12 oz.) tomatoes
1 can (7½ oz.) crab meat, drained
1 clove garlic, finely crushed
1½ teaspoons salt
Dash of pepper
½ bay leaf, crushed
¼ teaspoon basil
⅛ teaspoon thyme

Sauté onions, mushrooms, and rice in butter about 5 minutes, or until onions are tender. Stir in remaining ingredients and bring to a boil. Cover and simmer 5 minutes. Makes 5½ cups or 4 or 5 servings.

ARTICHOKE LOBSTER CASSEROLE

2 packages (9 oz. each) Birds Eye Artichoke Hearts, slightly thawed
1 teaspoon salt
¼ teaspoon garlic powder
2 cups Minute Rice
1 pound cooked or 3 cans (5 oz. each) lobster
2 cans (11 oz. each) condensed Cheddar cheese soup
2 cans (2⅔ cups) water
1 tablespoon lemon juice
½ teaspoon dill weed
1¼ teaspoons salt
Chopped parsley

Place artichoke hearts in the bottom of a greased shallow 3-quart baking dish. Sprinkle with 1 teaspoon salt and the garlic powder. Add rice and top with lobster. Mix remaining ingredients except parsley. Pour over lobster. Cover; bake at 400° about 50 minutes, or until bubbly throughout. Fluff the rice before serving. Sprinkle with chopped parsley. Garnish with lemon wedges, if desired. Makes about 8 cups or 6 to 8 servings.

SHRIMP CREOLE

½ cup diced celery
¼ cup diced green pepper
¼ cup minced onion
3 tablespoons butter
1 tablespoon all-purpose flour
1 can (1 lb.) tomatoes
1 teaspoon sugar
1 teaspoon salt
Dash of pepper
1 bay leaf
1 small sprig parsley
*¾ pound (about 1½ cups) cooked shrimp**
¼ teaspoon Worcestershire sauce
1⅓ cups Minute Rice

*Or use 2 cans (4½ oz. each) shrimp, drained.

Sauté celery, green pepper, and onion in butter 5 minutes, or until tender. Blend in flour. Gradually stir in tomatoes. Add sugar, salt, pepper, bay leaf, and parsley. Simmer gently, uncovered, 30 minutes. Remove bay leaf and parsley. Add shrimp and Worcestershire sauce; heat thoroughly. Meanwhile, prepare rice as directed on page 81. Serve Shrimp Creole over rice. Makes 3¼ cups Creole plus rice or 4 servings.

SPANISH RICE PRONTO

*1 to 1½ cups diced cooked meat (optional)**
1 medium onion, thinly sliced
½ medium green pepper, diced
1⅓ cups Minute Rice
*¼ cup butter**
1½ cups hot water
2 cans (8 oz. each) tomato sauce
1 teaspoon salt
Dash of pepper
½ cup sliced stuffed or ripe olives (optional)

*Or use ½ to ¾ pound ground beef and reduce butter to 2 tablespoons.

Cook and stir meat, onion, green pepper, and rice in butter over high heat until lightly browned. Stir in remaining ingredients, except olives, and bring to a boil. Then simmer 5 minutes, uncovered. Stir in olives just before serving. Makes about 5 cups or 4 entree servings or 6 side servings.

Seafood Pronto. Prepare as for Spanish Rice Pronto, omitting meat; after simmering mixture 5 minutes, add 1 to 2 cups cooked or drained canned shrimp, lobster, crab meat, or tuna and heat briefly.

Chicken Pronto. Prepare as for Spanish Rice Pronto, omitting meat; after mixture has simmered 5 minutes, stir in 1 to 2 cups diced cooked chicken (or other poultry) and heat mixture thoroughly.

Bacon Spanish Rice Pronto. Fry 8 slices (about ½ lb.) bacon until crisp; drain on absorbent paper. Then prepare Spanish Rice Pronto, omitting meat and using ¼ cup bacon drippings instead of butter, if desired. Just before serving, crumble the crisp bacon and sprinkle over rice.

Spanish Rice Stuffed Peppers. Remove stem ends and seeds from 6 medium green peppers. Cook in boiling salted water 10 minutes. Meanwhile, prepare Spanish Rice Pronto as directed. Drain cooked peppers, fill with rice mixture, and place upright in a shallow baking pan. Sprinkle with about 1 cup grated Cheddar cheese. Place under broiler just until cheese is melted and lightly browned. Makes 6 servings.

SOUPER RICE SUPPER

One simple recipe that can be made into hundreds of tempting 20-minute meals.

1 can (10½ or 11 oz.) condensed soup
½ teaspoon salt
1¾ cups water
2 cups cooked or canned meat, poultry, fish, or eggs
1 cup cooked or canned vegetable or fruit
Seasoning (optional)
1⅓ cups Minute Rice

Casserole Method. Combine all ingredients except rice in a saucepan. Bring to a boil. Combine with rice in a 1½-quart casserole. Bake at 375° for 10 minutes. Makes about 4 cups or 4 servings.

Skillet Method. Combine all ingredients in a large skillet. Bring to a boil. Then simmer 5 minutes. Stir. Makes 4 servings.

Pour-On Method. Prepare rice as directed on page 81. Combine remaining ingredients, reducing water to ¼ cup. Bring to a boil. Serve soup mixture over rice. Makes about 3 cups sauce plus rice or 4 servings.

SOUPER SUGGESTIONS

Ham 'n Cheese Delight. Prepare Souper Rice Supper, using condensed Cheddar cheese soup, cubed cooked ham, asparagus cuts, and 1 tablespoon prepared mustard as the seasoning, if desired.

Company's Coming Chicken. Prepare Souper Rice Supper, using condensed cream of chicken soup, sliced or diced chicken, and drained canned fruit cocktail. (If desired, substitute the drained fruit cocktail syrup for part of the water.)

Mexicali Casserole. Prepare Souper Rice Supper as a casserole, using condensed chili soup, sautéed onion rings, and 1 tablespoon vinegar; top with cheese-stuffed frankfurters before baking.

Cheese Marvel. Prepare Souper Rice Supper, using condensed Cheddar cheese soup, 6 quartered hard-cooked eggs, mixed vegetables, and ½ teaspoon curry powder. (Or use only 2 eggs and add a 7-oz. can of tuna, drained and flaked.)

Italian Tuna. Prepare Souper Rice Supper, using condensed tomato soup, flaked tuna, green beans, and ¼ teaspoon garlic powder. Sprinkle generously with grated Parmesan cheese before serving.

Seafood Supper. Prepare Souper Rice Supper, using condensed cream of mushroom soup, shrimp or crab meat, and peas.

BAKED STUFFED MUSHROOMS

Serve these tasty hot mushrooms as either a luncheon entree or an appetizer.

¼ pound Italian sausage
1 cup chopped onions
1 pound (about 12) large mushrooms
¾ cup Minute Rice
¾ cup water
1 tablespoon finely chopped parsley
1 teaspoon salt
⅛ teaspoon pepper
¾ cup mayonnaise
½ cup grated Parmesan cheese

Remove sausage from casing; brown with onions in a skillet. Meanwhile, remove stems from mushrooms. Chop stems very fine; add to meat mixture and brown lightly. Stir in rice, water, parsley, salt, and pepper. Bring to a boil. Cover, remove from heat, and let stand 5 minutes.

Combine mayonnaise and cheese; stir ½ cup into rice mixture. Fill mushrooms with rice mixture. Place in a shallow baking dish. Top with remaining cheese mixture. Bake at 400° about 15 minutes, or until browned and puffy. Makes 4 to 6 entree servings or about 12 appetizers.

Note: If desired, ¼ pound ground beef may be substituted for the sausage in Baked Stuffed Mushrooms; melt 1 tablespoon butter in skillet before adding meat and onions.

FISH ROLLS IN SAUCY DILL RICE

1 can (10½ oz.) condensed cream of mushroom soup
1½ cups water
¼ cup chopped onion
2 tablespoons lemon juice
2 tablespoons butter
1½ teaspoons salt
½ teaspoon dill weed
Dash of pepper
1 pound sole fillets
1½ cups Minute Rice

Blend soup and water in saucepan. Add onion, lemon juice, butter, salt, dill weed, and pepper. Bring to a boil. Meanwhile, cut each fish fillet in half lengthwise; then roll each strip and fasten with a toothpick. Pour rice into a medium skillet. Place rolled fish fillets over top with pick down. Pour hot mixture over fish and rice. Cover and cook slowly over low heat, basting fish with sauce occasionally, until fish can be flaked with fork and rice is tender — about 15 minutes. Sprinkle with parsley before serving, if desired. Makes about 3 cups rice mixture plus fish rolls or 4 servings.

SAVORY SALMON SUPREME

A tasty seafood-rice mixture inspired by England's traditional Kedgeree.

1 cup water
1 tablespoon butter
1 cup Minute Rice
2 hard-cooked eggs
*2 cups cooked or 1 can (1 lb.) salmon, drained and flaked**
3 tablespoons butter
1 tablespoon lemon juice
¼ teaspoon mace (optional)
⅛ teaspoon cayenne
1 teaspoon salt
1 egg, beaten
Finely chopped parsley

*Or use 2 cans (7 oz. each) tuna, drained and flaked.

Combine water and 1 tablespoon butter; bring to a boil in a saucepan. Stir in rice. Cover, remove from heat, and let stand 5 minutes. Meanwhile, chop the hard-cooked egg whites; push the yolks through a sieve and set aside. Add chopped egg whites, salmon, 3 tablespoons butter, lemon juice, mace, cayenne, salt, and beaten egg to rice. Cook over medium heat until thoroughly heated, stirring gently. Spoon into a hot serving dish. Top with egg yolks and parsley. Serve with lemon wedges or capers, if desired. Makes 4 cups or 4 servings.

LUNCHEON KEBABS WITH WAIKIKI RICE

½ green pepper, cut in 12 cubes
1 can (12 oz.) luncheon meat
1 can (4 oz.) mushrooms, drained
½ cup firmly packed brown sugar
1 tablespoon vinegar
1 tablespoon prepared mustard
1⅓ cups water
1 can (8¾ oz.) crushed pineapple or pineapple tidbits
¼ cup firmly packed brown sugar
½ teaspoon salt
⅛ teaspoon cloves
2 tablespoons butter
1⅓ cups Minute Rice

Parboil the green pepper. Cut meat into 1-inch cubes. Alternately spear meat, mushrooms, and green pepper on 4 skewers. Combine ½ cup brown sugar, vinegar, and mustard; brush over kebabs. Broil over glowing coals or on rack in broiler 15 to 20 minutes, frequently turning and brushing with remaining sauce. (Or bake kebabs at 450° about 20 minutes.)

Meanwhile, combine remaining ingredients except rice in saucepan. Bring to a boil. Stir in rice. Cover and simmer 10 minutes. Fluff lightly with a fork. Serve with the kebabs. Makes about 3 cups rice and 4 kebabs or about 4 servings.

CHINESE FRIED RICE

1⅓ cups Minute Rice
½ pound (about 1 cup) diced cleaned shrimp
2 tablespoons chopped scallions
2 tablespoons salad oil
2 eggs, scrambled in small pieces
1 cup cooked ham strips
1 cup chicken broth or bouillon
1 can (4 oz.) sliced mushrooms
1 cup cooked peas
1 teaspoon soy sauce

Sauté rice, shrimp, and scallions in oil until shrimp are pink. Remove from heat and stir in eggs and ham. Bring broth, mushrooms, peas, and soy sauce to a boil; stir into rice mixture. Cover and let stand 5 minutes. Fluff with fork before serving. Serve with additional soy sauce, if desired. Makes about 5 cups or 4 servings.

Note: To scramble the eggs, beat 2 eggs slightly, adding a dash of salt, if desired. Fry in 1 tablespoon salad oil just until cooked, but still moist, stirring constantly.

Shrimp Fried Rice. Prepare as for Chinese Fried Rice, omitting ham. If desired, use 1 vegetable bouillon cube dissolved in 1 cup water instead of chicken broth.

Chicken Fried Rice. Prepare as for Chinese Fried Rice, omitting shrimp and substituting 1 cup diced cooked chicken for the ham.

CAREFREE CRAB MEAT SKILLET

(Pictured at left)

1 can (10½ oz.) condensed Manhattan style clam chowder
2¼ cups water
¼ cup lemon juice
1½ teaspoons salt
¼ teaspoon thyme
2 cups drained cooked peas
2 cups Minute Rice
2 cans (7½ oz. each) crab meat, drained
¾ cup grated Cheddar or process American cheese

Combine chowder, water, lemon juice, salt, and thyme in a large skillet. (Or use an electric fry pan set at 250°.) Cover and bring to a boil. Stir in peas and rice. Arrange crab meat over the top. Sprinkle with cheese. Cover and simmer 5 minutes. (For electric fry pan, reduce temperature to 220°.) Garnish with parsley, if desired. Makes about 7 cups or 6 servings.

SUMMER SKILLET SUPPER

4 or 5 hard-cooked eggs, deviled
⅓ cup coarsely chopped onion
¼ cup butter
*1 pound fresh peas, shelled (about 1 cup)**
*2½ cups water**
½ teaspoon salt
1⅓ cups Minute Rice
¼ pound salami slices, halved
4 slices process American cheese

*Or use 1 can (1 lb.) peas; drain and measure liquid and add only enough water to make 1½ cups. Or use 1 package (10 oz.) Birds Eye Green Peas and reduce water to 1½ cups.

Prepare deviled eggs, using your favorite recipe. Sauté onion in butter in a large skillet until lightly browned. Add peas, water, and salt. Bring to a boil; then cover and simmer until peas are tender. Stir in rice. Cover, remove from heat, and let stand 5 minutes. Arrange salami in center of rice mixture; top with deviled eggs and cheese. Broil just until cheese is melted and lightly browned. Makes 4 or 5 servings.

QUICK SUPPER SKILLET

1 large green pepper, cut in strips
2 medium onions, sliced
1 can (4 oz.) mushrooms, drained (optional)
2 tablespoons butter
1 can (7 oz.) shrimp, drained
2 cans (4½ oz. each) deviled ham
1 can (10½ oz.) condensed cream of celery soup
½ cup water
1⅓ cups Minute Rice
¼ cup pimiento strips

Sauté green pepper, onions, and mushrooms in butter until lightly browned. Add shrimp and ham; cook until ham is lightly browned. Stir in remaining ingredients. Bring to a boil. Then cover and simmer 5 minutes. Garnish with additional pimiento or green pepper, if desired. Makes 5 cups or 4 or 5 servings.

KITCHEN BARBECUE

1 cup chopped onions
¼ cup chopped green pepper
1 clove garlic, crushed
2 tablespoons butter
½ to 1 pound ground beef
1 bouillon cube
2 cups hot water
1⅓ cups Minute Rice
¾ cup Good Seasons Open Pit Barbecue Sauce, any flavor
¼ teaspoon salt
1 cup cooked peas
6 frankfurters, thinly sliced

Sauté onions, green pepper, and garlic in butter in a large skillet until onions are transparent. Add beef and brown evenly. Dissolve bouillon cube in hot water. Stir bouillon, rice, ½ cup of the barbecue sauce, and salt into beef mixture. Cover and simmer 5 minutes. Stir in peas. Then make a well in center of rice mixture. Place frankfurters in the well and top with ¼ cup barbecue sauce. Heat thoroughly over low heat — about 5 minutes. Makes about 5⅓ cups or 5 or 6 servings.

CAMPFIRE STEW

A hearty, simple stew of pack-and-carry-type ingredients that campers enjoy.

⅔ cup Minute Rice
1½ cups canned tomatoes
1 can (1 pt. 2 fl. oz.) tomato juice
4 teaspoons instant minced onion or onion flakes
1½ teaspoons sugar
1 teaspoon salt
Pinch of basil
3 frankfurters, sliced
1 tablespoon butter
Parmesan cheese

Combine rice, tomatoes, tomato juice, onion, sugar, salt, and basil in a saucepan. Bring quickly to a boil over high heat. Cover and cook gently 5 minutes. Meanwhile, sauté frankfurters in butter until browned. Add to rice mixture. Remove from heat; stir. Sprinkle with cheese before serving. Makes about 3¾ cups or 4 servings.

FRANKFURTER SKILLET

1 envelope Good Seasons Italian or Parmesan Salad Dressing Mix
*½ pound frankfurters, sliced diagonally**
1½ cups chopped onions
1⅔ cups water
1⅓ cups Minute Rice
2 tablespoons chopped stuffed olives

*Or use 1 can (12 oz.) luncheon meat, diced.

Prepare salad dressing mix as directed on envelope; measure ¼ cup into a large skillet. Add meat and sauté over medium heat until lightly browned. Remove from skillet; keep warm. Stir onions and another 1½ tablespoons salad dressing into drippings in skillet. Sauté onions just until transparent — about 2 minutes. Stir in water, rice, and olives. Bring quickly to a boil; then cover and simmer 5 minutes. Add meat and heat briefly. Sprinkle parsley over each serving, if desired. Makes 4½ cups or 4 servings.

Note: Remaining salad dressing may be used on green salads to serve with this entree, or store for future use.

1 cup chopped apples
¾ cup finely chopped onions
½ cup chopped celery
¼ cup butter
2 tablespoons all-purpose flour
1 to 1½ tablespoons curry powder
½ teaspoon salt
¼ teaspoon ginger
⅛ teaspoon pepper
1 teaspoon Worcestershire sauce
1½ cups bouillon or broth
½ cup milk
2 cups diced cooked meat, poultry, or seafood
1⅓ cups Minute Rice

Cook apples, onions, and celery slowly in butter until lightly browned — 5 to 10 minutes. Mix flour, curry powder, salt, ginger, and pepper; sprinkle over apple mixture. Stir in Worcestershire sauce, bouillon, and milk. Cook and stir until thickened — about 3 minutes. Add meat and heat thoroughly. Meanwhile, prepare rice as directed on page 81. Serve curry over rice with condiments, such as chutney and peanuts, if desired. Makes 3⅔ cups curry plus rice or 4 servings.

(Pictured below)

½ cup diced onion
¼ cup diced green pepper
2 tablespoons butter
½ cup diced cooked ham
1 pound shrimp, cleaned
*1 can (1 lb. 12 oz.) tomatoes**
2 tablespoons chopped parsley
1 teaspoon salt
½ teaspoon sugar
*¼ teaspoon thyme**
1 small bay leaf
1⅓ cups Minute Rice

*Or use 1 can (12 oz.) cocktail vegetable juices and ⅔ cup water and reduce thyme to ⅛ teaspoon.

Sauté onion and green pepper in butter until lightly browned. Then add ham and shrimp; cook just until ham is lightly browned and shrimp are pink. Drain tomatoes, measuring juice. Add water to juice to make 1½ cups. Add the liquid, tomatoes, parsley, salt, sugar, thyme, and bay leaf to mixture in skillet. Cover and simmer 5 minutes. Then stir in rice, cover, and simmer 5 minutes longer. Discard bay leaf before serving. Makes 5½ cups or 4 or 5 servings.

MALAYSIAN SUPPER

(Nasi Goreng)

Strips of scrambled eggs top this Indonesian version of fried rice.

1 egg
⅛ teaspoon salt
2 tablespoons milk
1 tablespoon butter
1 cup finely chopped onions
1 clove garlic, minced
¼ cup salad oil
1⅓ cups Minute Rice
1 cup diced cooked ham
2 chicken bouillon cubes
1 teaspoon salt
Dash of pepper
½ teaspoon curry powder
¼ to ½ teaspoon cayenne
1⅔ cups boiling water
½ pound (about 1 cup) diced cleaned shrimp

Beat egg until foamy; beat in ⅛ teaspoon salt and milk. Heat 1 tablespoon butter in a large skillet. Add egg mixture and fry quickly without stirring; then cut in four sections, turn, and fry other side. Remove from skillet. Cut cooked egg mixture into narrow strips; set aside.

Sauté onions and garlic in the oil until onions are transparent. Add rice and ham; sauté until lightly browned. Meanwhile, dissolve bouillon cubes, 1 teaspoon salt, and the other seasonings in water; pour into rice mixture. Add shrimp. Bring to a boil; then cover and simmer 5 minutes. Serve on a large platter topped with egg strips. Arrange Sautéed Bananas (page 47) around the edge as garnish, if desired. Makes about 5 cups or 4 or 5 servings.

PICADILLO

(Mexican Hash)

3 tablespoons chopped green pepper
1 cup chopped onions
1 clove garlic, chopped
1½ pounds ground beef
2 tablespoons salad oil
1½ cups diced cooked ham
1 can (1 lb.) kidney beans
1 can (1 lb.) tomatoes
1 teaspoon salt
1 teaspoon chili powder
2⅔ cups Minute Rice

Sauté green pepper, onions, garlic, and beef in oil until lightly browned. Stir in ham, beans, tomatoes, salt, and chili powder. Simmer about 30 minutes, stirring occasionally. (If mixture becomes too thick, gradually add about ¼ cup water.) Meanwhile, prepare rice as directed on page 81. Arrange rice in a ring on serving platter. Fill center of rice ring with meat and bean mixture. Arrange Sautéed Bananas (page 47) around rice as garnish, if desired. Makes 6 servings.

RICE CHEESE BALLS

1 cup Minute Rice
⅔ cup water
½ cup milk
¾ teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon Worcestershire sauce
¾ cup grated Cheddar cheese
1 egg, well beaten
1 cup Post Toasties Corn Flakes, slightly crushed
Savory or Olive Sauce (page 47) or Mustard Sauce (page 21)

Mix rice, water, milk, salt, pepper, and Worcestershire sauce in saucepan. Bring to a boil and simmer until liquid is absorbed — about 5 minutes. Remove from heat. Add cheese and stir until melted. Blend in egg. Cool 25 minutes, stirring occasionally.

Shape into balls, using about 2 heaping tablespoons of mixture for each. Roll in cereal. Bake on a greased baking sheet at 450° for 8 to 10 minutes, or until browned. Serve with sauce. Makes 1¾ cups (about 8 cheese balls) or 4 servings.

SAUTÉED BANANAS

Slice 3 or 4 firm bananas in half lengthwise, or cut in 1-inch pieces. Sauté in 2 tablespoons butter just until thoroughly heated. Serve warm with any highly seasoned entree. Makes 4 to 6 servings.

ONION-RICE PIE

Flavorful rice custard baked in a tasty crust of cheese pastry.

2 cups thinly sliced onions
1 tablespoon butter
⅔ cup Minute Rice
¼ teaspoon salt
⅔ cup water
1 cup milk, scalded
2 eggs, slightly beaten
1 teaspoon salt
¼ teaspoon pepper
1 cup grated Cheddar cheese
Cheese Crust

Sauté onions in butter just until tender. Add rice, ¼ teaspoon salt, and water. Bring quickly to a boil. Then cover, remove from heat, and let stand 5 minutes.

Gradually add scalded milk to eggs, mixing well. Blend in 1 teaspoon salt, pepper, and cheese. Add to rice mixture, mixing lightly. Pour into Cheese Crust. Bake at 325° for 30 to 35 minutes, or until set. If desired, serve with grilled tomatoes and a tossed salad. Makes 6 to 8 servings.

Cheese Crust. Combine 1 cup grated Cheddar cheese, ¾ cup unsifted all-purpose flour, ½ teaspoon salt, ¼ teaspoon dry mustard, and ¼ cup melted butter, mixing with pastry blender or fork until smooth. Then knead about 1 minute to soften. Press firmly on bottom and sides of 9-inch pie pan, making a fluted edge.

Cartwheel Pie. Brown 1 package (8 oz.) brown 'n serve sausages. Then prepare Onion-Rice Pie, using 1 tablespoon drippings from sausages instead of butter and reducing salt in egg mixture to ½ teaspoon and pepper to ⅛ teaspoon. Arrange sausages on pie like spokes of wheel before baking.

ASPARAGUS-ALMOND SAUCE

¼ cup slivered blanched almonds
¼ cup butter
2 tablespoons all-purpose flour
2 cups milk
¾ teaspoon salt
Dash of pepper
*1 package (10 oz.) Birds Eye Asparagus Cuts, cooked and drained**

*Or use about 1½ cups drained cooked fresh asparagus.

Sauté almonds in butter in saucepan until golden brown, stirring constantly. Remove almonds; set aside. Blend flour into butter remaining in pan. Gradually stir in milk. Add salt and pepper. Cook and stir over low heat until sauce is smooth and thickened. Add hot asparagus and almonds. Makes about 3½ cups sauce.

SAVORY SAUCE

¼ cup butter
3 tablespoons all-purpose flour
1 teaspoon salt
⅛ teaspoon pepper
Dash of nutmeg
2 tablespoons chopped parsley (optional)
2 cups milk

Melt butter in saucepan. Blend in flour, salt, pepper, nutmeg, and parsley. Gradually stir in milk. Bring to a boil over medium heat, stirring constantly. Then cook mixture gently, stirring constantly, until thickened and well blended — about 3 to 5 minutes. Makes about 2¼ cups sauce.

Curry Sauce. Prepare as for Savory Sauce, adding ¼ teaspoon lemon juice and ½ teaspoon curry powder with the flour and other seasonings.

Almond Sauce. Prepare as for Savory Sauce, adding ¼ cup chopped or slivered toasted almonds just before serving.

Olive Sauce. Prepare as for Savory Sauce, omitting nutmeg and adding ¼ cup chopped stuffed olives with flour and seasonings.

VEGETABLES & STUFFINGS — Tart and tangy rice to serve with a rich meat entree, colorful rice to compliment a creamy chicken or fish entree, savory rice to use as stuffing for poultry or meat, or buttered rice to complete almost any menu — these are just a few of the many ways you can serve Minute Rice with meat and other entrees. For handy reference, the easy-to-remember Basic Directions for Minute Rice are given on page 81 and on the back of every box. These versatile recipes make your meal planning fun, and you'll enjoy seeing appetites brighten at the sight and smell of the colorful, flavorful rice dishes — and this enriched rice makes your meals more nutritious.

RICE WITH A PLUS

(Pictured on opposite page)

Prepare 4 servings (1⅓ cups) Minute Rice as directed on page 81 or as for Buttered Rice (page 50), adding one of the suggestions below as directed. (If more or fewer servings of rice are desired, adjust these amounts accordingly.)

Apple Rice. Add 1½ cups finely diced unpeeled red apples to the water before bringing to a boil.

Almond Rice. Add ¼ cup slivered or chopped almonds (or other nuts) to the rice just before serving.

Celery Rice. Sauté ½ cup chopped celery in the butter until tender; then add water and salt and bring to a boil.

Cheese Rice. Add ¾ to 1 cup grated Cheddar or process American cheese to rice and mix lightly just before serving.

Chive Rice. Add 2 tablespoons finely chopped chives to rice and mix lightly just before serving.

Currant or Raisin Rice. Add ¼ cup dried currants or raisins to water before bringing to a boil.

Lemon Rice. Add 1½ teaspoons grated lemon rind when you stir the rice into the water.

Minted Rice. Add 2 tablespoons chopped fresh mint when you stir in rice. If desired, also add ½ teaspoon sugar.

Olive Rice. Add ¼ cup chopped stuffed olives when you stir in the rice.

Parsley Rice. (Pictured on cover.) Add 2 tablespoons chopped parsley when you stir rice into water.

Pimiento Rice. Add 2 tablespoons chopped pimiento when you stir the rice into the water.

TIPS ON SERVING RICE

For an occasional surprise at breakfast time, Breakfast Rice (page 66), Brown Sugar Rice Pudding (page 66), or one of the other rice puddings will perk up tired appetites.

Spooned over prepared Minute Rice, even the most ordinary canned or frozen entree will be tastier and more interesting. As you prepare the rice, also heat chop suey, beef stew, chicken à la king, or chili con carne.

Minute Rice is a delicious side dish served plain, but it's even more tempting topped with gravy or a sauce, such as Savory Sauce (page 47) or Quick Cheese Sauce (page 35).

Remember to include Minute Rice on cook-out menus. Press a double thickness of aluminum foil into a bowl to form a pouch. Combine all ingredients in pouch (see Minute Rice directions on page 81), seal pouch tightly, and heat on grill over glowing coals about 15 minutes.

When Minute Rice is to be served with a rich "saucy" entree, such as a Stroganoff or curry, the butter called for in the basic directions may be omitted.

Since you can prepare exactly the amount of Minute Rice you need, you'll probably never have any left over. However, if you should ever overestimate your guests or their appetites, you can use the leftover rice in Southern Rice Cakes (page 63) — use 1⅓ cups prepared rice instead of preparing ⅔ cup Minute Rice with water, salt, and butter as directed in the recipe.

BUTTERED RICE

Prepare Minute Rice as directed on page 81, tripling the amount of butter suggested — use 2 tablespoons butter for 4 servings of rice. This extra-rich rice is a delicious side dish — it needs no sauce or gravy.

OVEN RICE

Using the chart on page 81, combine rice, *hot* tap water, salt, and butter in a shallow baking pan. Cover tightly with aluminum foil. Bake at 450° for 10 to 15 minutes or at 350° for 15 minutes, or until water is completely absorbed.

Note: If canned broth or other liquid is substituted for the water (as in Baked Herb Pilaf, page 57), Oven Rice can be prepared with liquid at room temperature increasing the baking time about 5 minutes.

RICE PREPARED WITH MILK

This slightly creamy, extra-fluffy rice is superb with highly seasoned dishes.

1½ cups milk
1 tablespoon butter
½ teaspoon salt
1⅓ cups Minute Rice

Bring milk, butter, and salt to a boil in a saucepan. Stir in rice. Cover, remove from heat, and let stand 10 minutes. Fluff with a fork before serving. Serve as a vegetable, or sprinkle with sugar and cinnamon or top with sweetened fruit and serve as a cereal. Makes 2⅔ cups or 4 servings.

RICE MOLDS

(Pictured on opposite page)

Prepare Minute Rice as directed on page 81, or use Buttered Rice (at left) or Rice Prepared with Milk (above). (See also Creamy Rice Mold, page 51.) Then press rice into a buttered ring mold or other shallow mold — use a 3- or 4-cup mold for 4 servings of rice. Cover tightly with aluminum foil. Set in a shallow pan of hot water over very low heat for 5 to 10 minutes. (Or place mold in a 350° oven for 5 to 10 minutes.) Then unmold on serving plate or platter. If desired, fill center of ring with curry, creamed chicken, or another "saucy" entree.

Note: If desired, rice may be pressed into mold and unmolded immediately to serve quickly; however the rice mold will hold its shape better if allowed to stand a few minutes as directed above.

FLAVOR TREATS

Pineapple Rice. Prepare 4 servings (1⅓ cups) of Minute Rice as directed on page 81, substituting 1⅓ to 1½ cups pineapple juice for the water. (Or drain and measure syrup from an 8¾-ounce can of pineapple tidbits or crushed pineapple and add water to syrup to make 1⅓ to 1½ cups. Then prepare rice, using syrup mixture instead of water and adding drained pineapple before bringing to a boil.) Serve with ham and pork.

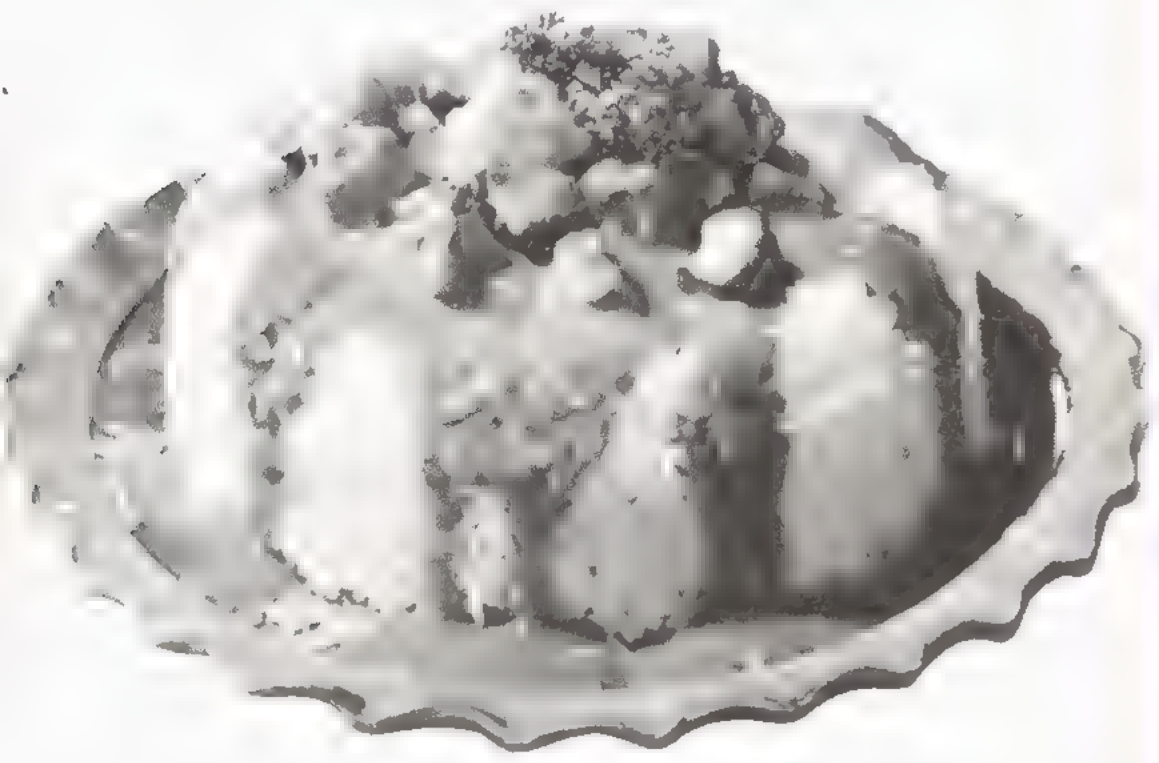
Orange Rice. Prepare 4 servings (1⅓ cups) of Minute Rice as directed on page 81, using 1⅓ to 1½ cups orange juice instead of water. If desired, increase butter to 1½ tablespoons. Serve with chicken, fish, or meat.

Broth-Flavored Rice. Prepare Minute Rice as directed on page 81, substituting an equal amount of beef or chicken broth, bouillon, or consommé for the water. Omit the salt, if desired. Serve with any entree.

SOUTH SEAS RICE

1⅓ cups water
2 teaspoons butter (optional)
1⅓ cups Minute Rice
1 tablespoon Good Seasons Salad Dressing Mix, any flavor except low calorie and creamy

Bring water and butter to a boil. Stir in rice and salad dressing mix. Cover, remove from heat, and let stand 5 minutes. Fluff with a fork before serving. Serve with steak and other entrees. Makes 2⅔ cups or 4 servings.



CREAMY RICE MOLD

1⅓ cups Minute Rice
3 cups milk
½ teaspoon salt
2 tablespoons butter

Combine all ingredients in a large saucepan. Cover loosely. Bring to a boil over medium heat; then simmer 20 to 25 minutes, or just until milk is absorbed, fluffing rice occasionally with a fork. Press into a buttered 3- or 4-cup ring mold. Cover tightly with aluminum foil. Set in a shallow pan of hot water over very low heat for 5 to 10 minutes. (Or place mold in a 350° oven for 5 to 10 minutes.) Unmold on serving plate or platter. Garnish with a sprinkle of paprika or chopped parsley, if desired, or fill center with cooked vegetables or a "saucy" entree. Makes about 3 cups or 4 servings.

Buffet Rice Molds. Prepare as for Creamy Rice Mold, using 5⅓ cups Minute Rice, 11 cups milk, 2 teaspoons salt, and ½ cup butter. Press into 2 buttered 1½-quart ring molds; cover and set in hot water as directed. Unmold and serve one ring at a time, holding second mold in hot water, or unmold both rings on a heated serving tray. Makes 10⅔ cups or 16 servings.

FLORENTINE RICE

¼ cup chopped onion
3 tablespoons butter
1⅓ cups water
1 teaspoon salt
Dash of pepper
1⅓ cups Minute Rice
*½ cup cooked chopped spinach**
½ cup grated Cheddar or Parmesan cheese

*Or use finely chopped raw spinach.

Sauté onion in butter over medium heat until golden brown. Add water, salt, and pepper; bring to a boil. Then stir in rice and spinach. Cover, remove from heat, and let stand 5 minutes. Before serving, fluff lightly with a fork and sprinkle with cheese. Makes about 3½ cups or 4 or 5 servings.

[illegible]

1⅓ cups water
Pinch of poultry seasoning
½ teaspoon salt
2 tablespoons butter
1 chicken bouillon cube
½ tablespoon chopped onion
1⅓ cups Minute Rice
¼ cup chopped parsley
¼ cup coarsely chopped pistachio nuts or almonds

Combine water, seasonings, butter, bouillon cube, and onion in a saucepan. Bring to a boil. Stir in rice. Cover, remove from heat, and let stand 5 minutes. Add parsley and nuts and fluff with a fork before serving. Serve with roast turkey, chicken, and other entrees. Makes about 3 cups or 4 servings.

HOLIDAY RED RICE

1⅓ cups Minute Rice
1 can (1 lb.) whole cranberry sauce
1½ cups water
⅛ teaspoon salt
⅓ cup sugar
¼ teaspoon cinnamon
1 cup sliced apples
1 tablespoon butter

Combine all ingredients except apples and butter in a saucepan. Bring to a boil, cover, and simmer 10 minutes, or until rice is tender. Remove from heat; stir in apples and butter. Cover and let stand at least 10 minutes. Fluff lightly with a fork just before serving. Serve with roast turkey, chicken, and other entrees. Makes about 4 cups or about 5 or 6 servings.

[illegible]

1 cup diced celery
3 tablespoons chopped onion
¼ cup butter
1⅓ cups Minute Rice
1 cup water
½ cup orange juice
1½ teaspoons salt
½ teaspoon sugar
1 to 2 teaspoons grated orange rind

Sauté celery and onion in butter until tender but not browned. Stir in rice, water, orange juice, salt, and sugar. Bring quickly to a boil over high heat. Cover, remove from heat, and let stand 5 minutes. Add grated orange rind and fluff with a fork before serving. Serve with ham, duck, or chicken. Makes about 3¾ cups or 4 or 5 servings.

[illegible]

½ clove garlic, minced
2 tablespoons butter
1⅓ cups Minute Rice
*1⅓ cups chicken broth**
½ teaspoon salt
2 tablespoons chopped parsley
1 tablespoon lemon juice
1 teaspoon grated lemon rind

*Or use 1 chicken bouillon cube dissolved in 1⅓ cups hot water.

Sauté garlic in butter until golden brown. Stir in rice, broth, and salt. Bring quickly to a boil over high heat. Cover, remove from heat, and let stand 5 minutes. Add parsley, lemon juice, and rind and fluff with a fork before serving. Serve with fish, seafood, or chicken. Makes 2⅔ cups or 4 servings.

GARDEN JAMBALAYA

½ cup diced celery
⅓ cup thinly sliced onion
3 tablespoons butter
*2 cups thinly sliced cucumber**
*1 tomato, peeled and cut into wedges**
*1 cup green pepper strips**
2 cups hot bouillon
1 teaspoon salt
⅛ teaspoon pepper
1 tablespoon lemon juice
1 tablespoon cornstarch
2 tablespoons water
1⅓ cups Minute Rice

*Or use 4 cups assorted fresh vegetables.

Sauté celery and onion in butter in a large skillet until tender. Stir in vegetables, 1 cup of the bouillon, salt, pepper, and lemon juice. Mix cornstarch and water until smooth. Gradually stir into vegetables. Make a well in the center of vegetables; pour in rice. Carefully pour remaining 1 cup bouillon over rice, moistening rice evenly. Cover and simmer 5 minutes, or until rice is tender. Makes about 5½ cups or 6 servings.

[illegible] CALIFORNIAN

(Pictured on opposite page)

5 slices bacon, diced
*½ cup diced celery**
¼ pound mushrooms, sliced (about 1½ cups)
1½ cups water
*1 cup canned tomatoes**
1 package dehydrated onion soup mix
1⅓ cups Minute Rice
¾ cup grated Cheddar cheese

*Or omit celery and use 1 can (8 oz.) stewed tomatoes instead of canned tomatoes.

Fry bacon in a skillet over low heat until crisp. Pour off all except 2 tablespoons drippings. Then add celery and mushrooms and sauté just until tender. Pour into a 1½-quart baking dish. Stir in water, tomatoes, soup mix, rice, and ½ cup of the cheese. Sprinkle with remaining cheese. Cover and bake at 375° for 20 minutes, or until rice is tender. Makes about 4½ cups or 6 side servings or 4 entree servings.

BARBECUE RICE

1⅓ cups water
½ teaspoon salt
⅛ teaspoon pepper
¼ teaspoon Tabasco sauce*
1 teaspoon prepared mustard
2 tablespoons minced onion
2 tablespoons chili sauce
2 tablespoons butter
1⅓ cups Minute Rice

*Or use 1 teaspoon Worcestershire sauce.

On a range: Combine all ingredients except rice in saucepan. Bring to a boil. Stir in rice. Cover, remove from heat, and let stand 5 minutes. Fluff with fork before serving. Makes 2⅔ cups or 4 servings.

On a grill: Fold a 32-inch length of heavy duty aluminum foil in half and press into a large mixing bowl to form a pouch. Pour rice into pouch. Combine remaining ingredients and add to rice. Seal pouch tightly and remove from bowl. Place on grill over hot coals about 15 minutes. Then open foil pouch and fluff rice with fork. Makes 2⅔ cups or 4 servings.

Round-Up Barbecue. Prepare as for Barbecue Rice on a grill, adding about 1½ cups cooked ham strips or 4 sliced frankfurters with the water mixture. Sprinkle with ½ cup grated Cheddar or process American cheese before sealing pouch, if desired. Grill over hot coals about 15 minutes. Makes about 4 cups or about 4 entree servings.

PERSIAN RICE

Prepare 1⅓ cups Minute Rice as directed on package, omitting butter. Then melt 1 tablespoon butter in another saucepan. Drop rice by spoonfuls into butter, making a cone-shaped mound. Pour 2 tablespoons melted butter over rice. Cover; place over medium heat about 10 minutes, or until mound is browned on bottom. Set pan in cold water a few moments, or just until mound can easily be removed from pan. Lift mound of rice from pan carefully and place on serving platter. Serve with steak and other meats. Makes about 2⅔ cups or 4 servings.

SOUR CREAM PILAF

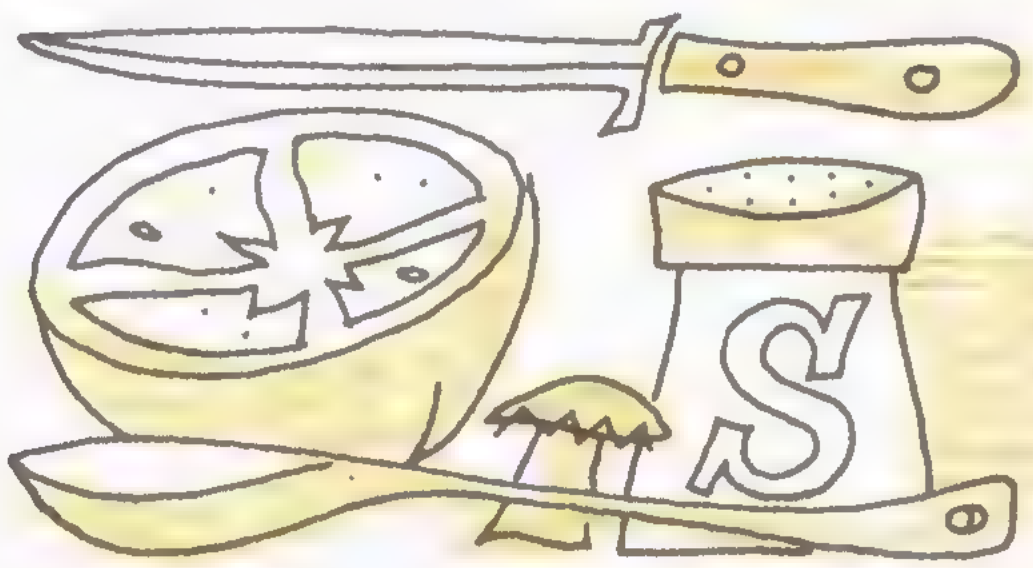
1 can (4 oz.) sliced mushrooms
2 chicken bouillon cubes
1⅓ cups Minute Rice
2 tablespoons butter
½ bay leaf
½ cup sour cream

Drain mushrooms, measuring liquid and adding water to make 2 cups. Bring liquid to a boil in large saucepan. Add bouillon cubes and crush to dissolve. Meanwhile, sauté mushrooms and rice in butter until golden brown. Add to bouillon with bay leaf. Cover and simmer 5 minutes. Remove from heat, discard bay leaf, and stir in sour cream. Serve with chicken and other entrees. Makes about 3 cups or 4 servings.

QUICK "WILD" RICE

¼ cup butter or margarine
1⅓ cups Minute Rice
1 cup finely chopped celery
¼ cup chopped celery leaves
¼ cup finely chopped onion
1¼ teaspoons salt
Dash of pepper
1⅓ cups water

Melt butter in saucepan. Add rice, celery and leaves, onion, and seasonings. Cook and stir over medium heat until onion is transparent and rice is golden brown—about 8 minutes. Stir in water and bring quickly to a boil over high heat. Then cover, remove from heat, and let stand 5 minutes, or until all liquid is absorbed. Fluff with a fork before serving. Serve with broiled, fried, or roasted meats, fish, or poultry. Makes 3 cups or 4 servings.



BROWNED RICE

1⅓ cups Minute Rice
2 tablespoons butter
½ teaspoon salt
1⅓ cups water

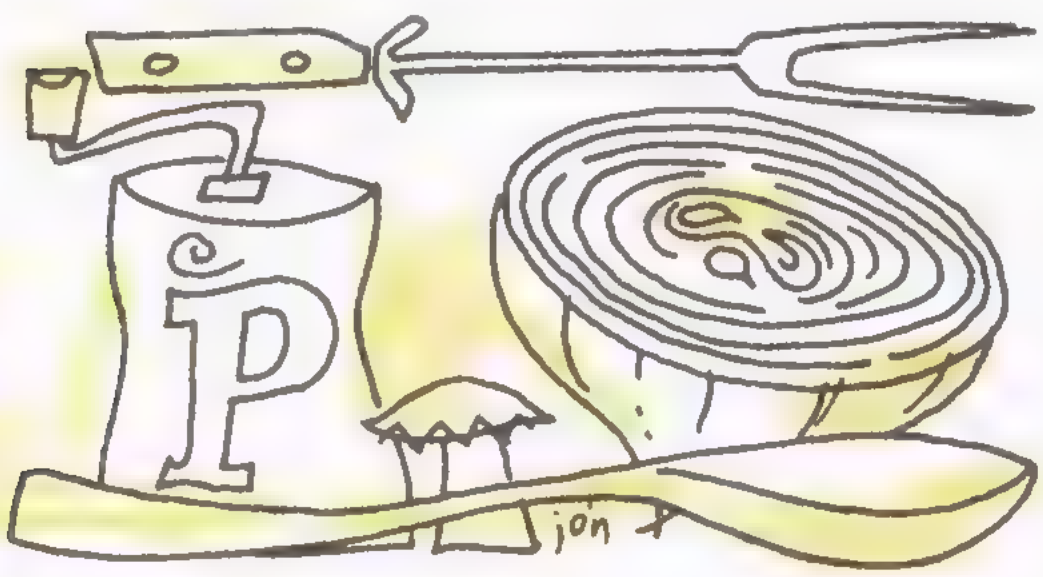
Sauté rice in butter over medium heat until golden brown, stirring frequently. Add salt; then gradually stir in water. Bring quickly to a boil over high heat. Cover, remove from heat, and let stand 5 minutes. Makes 2⅔ cups or 4 servings.

Pilaf. Prepare as for Browned Rice, increasing butter to 3 tablespoons, sautéing ½ cup finely chopped onion with the rice, and substituting 1⅓ cups chicken bouillon for the water. If desired, increase salt to taste.

HOPPING JOHN

8 slices bacon, diced
½ cup chopped onion
1 can (1 lb.) black-eye peas or Lima beans, drained
½ cup water
1⅓ cups Minute Rice
1½ cups water
½ teaspoon salt
Dash of pepper

Fry bacon in saucepan over medium heat until crisp. Remove all except 2 tablespoons drippings in saucepan. Add onion and sauté just until tender. Add peas and ½ cup water; simmer about 5 minutes. Stir in remaining ingredients. Bring quickly to a boil over high heat. Then cover, remove from heat, and let stand 5 minutes. Fluff with a fork before serving. Serve as an entree or as a side dish with ham or other meats. Makes 5 cups or 6 to 8 side servings or 4 or 5 entree servings.



SAFFRON RICE

¼ cup chopped onion
2 tablespoons butter
1⅓ cups Minute Rice
*1⅓ cups chicken broth**
½ teaspoon salt
Dash of pepper
Pinch of saffron

*Or use 2 chicken bouillon cubes dissolved in 1⅓ cups hot water.

Sauté onion in butter until tender but not browned. Add remaining ingredients and mix just to moisten rice. Bring quickly to a boil over high heat. Then cover, remove from heat, and let stand 5 minutes. Serve with curries and other spicy dishes. Makes 2⅔ cups or 4 servings.

East Indian Rice. Prepare as for Saffron Rice, sautéing 2 tablespoons slivered blanched almonds in the butter until lightly browned; then remove almonds and set aside. Sauté onion in remaining butter and continue as directed, adding ¼ cup dried currants with the rice. Then add the sautéed almonds just before serving.

RICE INDIENNE

1½ cups chopped onions
¼ cup butter or margarine
*1 can (4 oz.) mushroom pieces, drained**
2⅔ cups Minute Rice
¼ teaspoon saffron (optional)
2⅔ cups chicken broth or bouillon
Salt and pepper

*Or use 1 cup sliced fresh mushrooms.

Sauté onions in butter until lightly browned, stirring frequently. Add mushrooms and sauté about 5 minutes to blend flavors. Stir in rice and saffron; then add broth. Season to taste with salt and pepper. Pour into a 2-quart baking dish, cover tightly, and bake at 350° for 20 minutes, or until all liquid is absorbed. Serve with creamed chicken, curries, and other entrees. Makes about 5½ cups or 6 to 8 servings.

(Pictured above)

¼ cup chopped onion
*1 clove garlic, crushed**
2 tablespoons butter or salad oil
2 small tomatoes, cut into wedges
1½ cups chicken broth or bouillon
*½ teaspoon salt**
1⅓ cups Minute Rice
2 tablespoons grated Parmesan cheese

*Or omit garlic and salt and mix 1½ teaspoons Good Seasons Garlic Salad Dressing Mix into the tomatoes.

Sauté onion and garlic in butter for 2 or 3 minutes. Add tomatoes and sauté about 1 minute. Then add broth and salt. Cover and bring to a boil. Stir in rice. Cover, remove from heat, and let stand 5 minutes. Add cheese and fluff with fork. Serve with steak. Makes 3½ cups or 4 or 5 servings.

Italian Rice Loaf. Shape a 15x12-inch sheet of heavy duty aluminum foil to resemble a long slender loaf of Italian bread and twist ends to close — leave long edges open at top. Combine the ingredients for Rice Italienne except cheese in foil loaf. Seal top edges tightly. Bake at 500° or on a grill over hot coals for 10 minutes; then open top carefully, stir rice mixture, reseal, and bake 5 minutes longer. (On a grill, baking time may vary according to temperature of coals.) Add cheese; fluff with fork before serving.

BAKED HERB RICE

1 can (12½ oz.) chicken broth
2 cups Minute Rice
1 teaspoon instant minced onion or onion flakes
1 teaspoon chopped parsley or parsley flakes
1 teaspoon celery seed or celery flakes
1 teaspoon salt
¼ teaspoon oregano
1 tablespoon butter (optional)

Measure broth and add water to make 2 cups. Combine all ingredients in a shallow 1-quart baking pan or casserole. Cover with aluminum foil. Bake at 350° for 20 minutes, or until liquid is absorbed. Makes 4 cups or about 6 servings.

VEGETABLES AND RICE

1 package (10 oz.) Birds Eye Mixed Garden Vegetables
2 tablespoons finely chopped onion
2 tablespoons butter
1⅓ cups water
½ teaspoon salt
Dash of pepper
1⅓ cups Minute Rice

Prepare mixed vegetables as directed on package. Meanwhile, sauté onion in butter in a saucepan. Then add water, salt, and pepper; bring to a boil. Stir in rice. Cover, remove from heat, and let stand 5 minutes. Add drained cooked vegetables and mix lightly with a fork. Makes about 4½ cups or 6 servings.

Calico Rice. Prepare as for Vegetables and Rice, omitting Birds Eye Mixed Garden Vegetables, increasing water to 1½ cups, and adding 1 to 1½ cups leftover cooked vegetables with the rice.

SESAME STUFFING

⅓ cup chopped celery
2 tablespoons finely chopped onion
3 tablespoons butter or margarine
1⅓ cups Minute Rice
1⅓ cups water
1 teaspoon salt
3 tablespoons toasted sesame seed
2 tablespoons chopped parsley
¼ teaspoon thyme
⅛ teaspoon pepper

Sauté celery and onion in butter just until softened. Stir in rice, water, and salt. Bring to a boil. Then cover, remove from heat, and let stand 5 minutes. Add remaining ingredients, mixing lightly with fork. Spoon stuffing into poultry. (Do not pack tightly.) Roast at once. Makes about 3 cups or enough for a 3- to 5-pound chicken.

Note: If desired, poultry may be sprinkled with additional sesame seed during the last 15 minutes of roasting.

APPLE-NUT STUFFING

1½ cups water
¾ cup chopped celery and leaves
2 tablespoons butter
1 teaspoon salt
1 teaspoon onion juice
½ teaspoon poultry seasoning
Dash of pepper
1⅓ cups Minute Rice
2 cups diced peeled tart apples
⅓ cup raisins
¼ cup chopped walnuts

Bring water, celery and leaves, butter, salt, onion juice, poultry seasoning, and pepper to a boil. Stir in rice. Cover, remove from heat, and let stand for 5 minutes. Then add apples, raisins, and walnuts, mixing lightly with a fork. Spoon stuffing into poultry. (Do not pack tightly.) Roast at once. Makes 6 cups or enough for 5- to 6-pound chicken.

Note: For a 12- to 15-pound turkey, double all ingredients in the recipe.

Crown Roast with Orange Rice Stuffing. Purchase a 4-pound crown roast of lamb and have rib ends Frenched and backbone removed. Place roast, rib ends up, in a shallow baking pan and remove the ground meat from center. (Use this ground lamb in patties for another meal.) Cover rib ends with aluminum foil. Insert meat therometer into meat between ribs. Roast at 325° about 1½ hours. Meanwhile, prepare Orange Rice Stuffing; (page 59); lightly spoon into roast. (Do not pack tightly.) Cover with aluminum foil. Roast another 30 minutes, or until thermometer registers 180° (well done). Place roast on a warm serving platter. Before serving, remove foil, place paper frills on rib ends, and garnish with fresh orange slices, if desired. Makes about 6 servings.

RICE STUFFING

Ingredients	For 4 cups stuffing (3- to 5-lb. chicken)	For 12 cups stuffing (12- to 15-lb. turkey)
chopped celery and celery leaves	1 cup	3 cups
chopped onion	¼ cup	½ cup
butter	3 tablespoons	½ cup
water	1⅔ cups	5 cups
salt	1 teaspoon	1 tablespoon
poultry seasoning (optional)	½ teaspoon	1½ teaspoons
pepper	dash	⅛ teaspoon
Minute Rice	1⅓ cups	4 cups

Sauté celery and onion in butter until lightly browned. Gradually add water and seasonings. Bring to a boil. Stir in rice. Cover, remove from heat, and let stand 5 minutes. Spoon lightly into chicken, turkey, or other poultry — or use in veal or pork roasts. (Do not pack tightly.) Roast at once.

Giblet Stuffing: Prepare as for Rice Stuffing, adding chopped cooked giblets with the water and seasonings.

"WILD" RICE STUFFING

1⅓ cups Minute Rice
¼ cup butter
¼ pound mushrooms, finely chopped (about 1½ cups)
1¼ cups finely chopped celery and leaves
¼ cup finely chopped onion
1½ teaspoons salt
¼ teaspoon marjoram
Dash of pepper
Pinch of sage
Pinch of thyme
1⅓ cups water
⅓ cup chopped pecans

Sauté rice in butter over medium heat until golden brown, stirring frequently. Add remaining ingredients, except pecans. Bring quickly to a boil over high heat; then simmer 2 minutes, fluffing rice gently with a fork once or twice. Remove from heat and add pecans. Fluff lightly with a fork. Spoon stuffing into poultry. (Do not pack tightly.) Roast at once. Makes about 4 cups or enough for a 3- to 5-pound chicken — or use in pheasant or other game.

Note: For a 12- to 15-pound turkey, use cup butter, 1 tablespoon salt, and triple other ingredients. Makes 12 cups stuffing.

ORANGE RICE STUFFING

¼ cup chopped onion
¼ cup butter or margarine
1 cup water
½ cup orange juice
2 teaspoons grated orange rind
1 cup chopped celery
1½ teaspoons salt
½ teaspoon sugar
¼ teaspoon poultry seasoning
1⅓ cups Minute Rice

Sauté onion in butter in saucepan just until tender but not browned. Add remaining ingredients. Bring quickly to a boil over high heat. Cover, remove from heat, and let stand 5 minutes. Fluff lightly with a fork. Spoon stuffing into poultry. (Do not pack tightly.) Roast at once. Makes about 3½ cups or enough for a 3- to 4-pound chicken or duck — or use in breast of veal or a crown roast of lamb (see page 58).

SALADS & BREADS — Cool, flavorful salads of Minute Rice are perfect time- and work-saving treats to feature in hot weather meals. You can give in to almost any creative impulse when choosing ingredients for the Basic Rice Salad, an excellent use of leftover cooked meats and vegetables. Or try the Patio Salad, which is made with frozen peas. Any of these salads can be as spectacular as the Seafood-Rice Platter shown on opposite page. And what a treat you'll have in store when you try the quick hot breads that contain Minute Rice — they're hearty and delicious for breakfasts, with light lunches, or as quick and easy supper entrees. They are ready to serve in just minutes.

SEAFOOD-RICE PLATTER

(Pictured on opposite page)

1⅓ cups water
½ teaspoon salt
1 bay leaf
1⅓ cups Minute Rice
½ cup mayonnaise
1 can (4 oz.) chopped mushrooms, drained
¼ cup chopped pimiento
2 tablespoons chopped parsley
1 to 2 cups drained cooked or canned crab meat, shrimp, lobster, or tuna
2 to 4 tablespoons mayonnaise
2 to 4 teaspoons lemon juice
Crisp lettuce or other greens
2 to 4 ripe tomatoes, cut in wedges

Bring water, salt, and bay leaf to a boil. Stir in rice. Cover, remove from heat, and let stand 5 minutes. Then uncover and cool to room temperature. Remove bay leaf.

About 1 hour before serving, combine ½ cup mayonnaise, mushrooms, pimiento, and parsley. Add rice and mix lightly with a fork. Chill. Combine seafood with remaining mayonnaise and lemon juice; season to taste, if necessary. Chill. To serve, arrange rice on crisp lettuce in center of platter. Arrange tomatoes and seafood around the rice. Makes about 3 cups rice plus seafood or about 4 entree salads.

Note: If desired, mix ¼ to ½ cup tart French salad dressing with the seafood instead of mayonnaise and lemon juice.

BASIC RICE SALAD

1⅓ cups water
½ teaspoon salt
1⅓ cups Minute Rice
1 to 2 cups diced cooked or canned meat, fish, seafood, or poultry
1 to 1½ cups drained cooked or canned vegetables (such as peas, corn, cut green beans, or mixed vegetables)
½ cup chopped celery, olives, green pepper, or pimientos
¾ cup mayonnaise
*Seasonings (optional)**

*Use one or several of the following, to taste: salt, pepper, dry mustard, curry powder, lemon juice, chives, capers, parsley, onion, garlic, dill weed, or other herbs.

Bring water and salt to a boil. Stir in rice. Cover, remove from heat, and let stand 5 minutes. Uncover; cool to room temperature.

About 1 hour before serving, combine meat, vegetables, and celery in a bowl. Stir in mayonnaise and seasonings. Then add rice and mix lightly with a fork. Chill. Serve on crisp lettuce, if desired. Makes 4 or 5 cups or 4 entree salads.

Fruited Ham-Rice Salad. Prepare and cool rice as for Basic Rice Salad. About 1 hour before serving, combine 3 cups diced cooked ham, 2 cups drained pineapple cubes, and 2 cups diced celery with 1½ cups mayonnaise and seasonings (salt, pepper, lemon juice, grated onion, and prepared mustard to taste). Add rice. Chill. Makes 8 entree salads.

PATIO SALAD

1 package (10 oz.) Birds Eye Green Peas
½ teaspoon salt
1½ cups water
1⅓ cups Minute Rice
½ cup chopped dill pickles
1 teaspoon grated onion
Dash of pepper
*1 cup thin strips cooked ham**
*1 cup thin strips Swiss cheese**
¾ cup mayonnaise

*Or use 1 cup halved cooked shrimp and 1 cup sliced avocado; 1 cup (7½-oz. can) flaked crab meat and 1 cup diced apples; or 1 cup slivered chicken and ⅔ cup sliced drained water chestnuts or toasted slivered almonds.

Add frozen peas and salt to water in saucepan. Bring quickly to a boil and boil 2 minutes. Then stir in rice. Cover, remove from heat, and let stand 5 minutes. Stir in pickles, onion, and pepper. Mix lightly with a fork. Chill. Before serving, add ham, cheese, and mayonnaise, mixing lightly. Serve on crisp salad greens and garnish with tomato wedges, if desired. Makes about 6 cups or about 6 entree salads.

PATIO CHICKEN SALAD DELUXE

1 package (10 oz.) Birds Eye Green Peas
½ teaspoon salt
1 teaspoon curry powder
1½ cups pineapple juice
1⅓ cups Minute Rice
*½ cup chopped dill pickles**
1 teaspoon grated onion
⅛ teaspoon pepper
1½ cups diced cooked chicken
½ cup diced celery
¾ cup mayonnaise

*Or use ½ cup toasted slivered almonds.

Cook peas as directed on package; drain. Meanwhile, combine salt, curry powder, and pineapple juice in a saucepan. Bring to a boil. Stir in rice. Cover, remove from heat, and let stand 5 minutes. Then add peas, pickles, onion, and pepper; mix lightly with a fork. Chill. Before serving add chicken, celery, and mayonnaise. Toss lightly. Serve on crisp salad greens and garnish with tomato wedges, if desired. Makes 6⅓ cups or 6 entree salads.

SUSHI SQUARES

Oriental idea for salads and appetizers,
seafood and olives in tangy, creamy rice.

1⅓ cups water
1 tablespoon prepared horse-radish
1 tablespoon butter
¾ teaspoon salt
Dash of pepper
1⅓ cups Minute Rice
1 cup sour cream
*2 tablespoons finely chopped anchovies**
*2 tablespoons finely chopped ripe olives**

*Or use ½ cup finely chopped cooked shrimp and 2 tablespoons finely chopped stuffed olives.

Combine water, horse-radish, butter, salt, and pepper. Bring to a boil. Then stir in rice. Cover, remove from heat, and let stand 5 minutes. Cool slightly; then stir in sour cream. Add anchovies and olives.

Press mixture into an oiled 8-inch square pan. Cover with wax paper or transparent saran and chill thoroughly. Garnish with additional sour cream and an olive slice or sprig of parsley, if desired. Serve on a plate with additional seafood or meat and fruit for a light lunch or supper. Makes about 2¾ cups or 9 servings.

Appetizer Sushi Squares. Prepare as for Sushi Squares, cutting chilled mixture into small (about 1¼-inch) squares. Garnish with olive slices or parsley, if desired. Makes about 36 small appetizer squares.

TUNA AND EGG [illegible]

1⅓ cups water
½ teaspoon salt
1⅓ cups Minute Rice
1 hard-cooked egg, finely chopped
2 cans (7 oz. each) tuna, flaked
1 teaspoon chopped parsley
1 small red onion, sliced
½ cup diced celery
½ cup prepared Good Seasons Old Fashion French Salad Dressing*
½ cup mayonnaise (optional)

*Or use any bottled French salad dressing.

Bring water and salt to a boil. Stir in rice. Cover, remove from heat, and let stand 5 minutes. Meanwhile, set aside about 1 tablespoon chopped egg for garnish. Combine remaining egg, tuna, parsley, onion, celery, and salad dressing in a saucepan. Cover and heat over medium heat. Combine rice and tuna mixture. Add mayonnaise and blend gently. Garnish with egg. Serve hot or cold with additional salad dressing, if desired. Makes 6 cups or 6 entree salads.

[illegible] CORNMEAL

⅔ cup Minute Rice
¾ cup water
¾ cup milk
1 cup cornmeal
½ cup sifted all-purpose flour
2 teaspoons Calumet Baking Powder
½ teaspoon salt
3 tablespoons butter
¼ cup sugar
1 egg, beaten

Combine rice, water, and milk; set aside. Sift together cornmeal, flour, baking powder, and salt. Cream butter and sugar. Add egg and beat well. Stir in rice mixture. Add sifted dry ingredients and beat slowly with a rotary beater until flour is moistened. Pour into a greased 8-inch square pan. Bake at 400° for 30 minutes, or until lightly browned. Serve hot with butter. Makes 9 servings.

SOUTHERN RICE CAKES

⅔ cup water
¼ teaspoon salt
1 tablespoon butter
⅔ cup Minute Rice
1 egg, well beaten
⅓ cup milk
2 teaspoons grated onion
¼ cup unsifted all-purpose flour
1½ teaspoons Calumet Baking Powder
1 teaspoon sugar
¼ teaspoon salt
⅛ teaspoon pepper

Bring water, ¼ teaspoon salt, and butter to a boil. Stir in rice. Cover, remove from heat, and let stand 5 minutes. Meanwhile, combine egg, milk, and onion; then mix into rice. Combine remaining ingredients, add to rice mixture, and mix *only* enough to dampen flour. Drop by tablespoonfuls onto hot well-greased griddle; brown lightly on both sides. Serve hot with currant jelly or Log Cabin Syrup as a side dish with meat or as a breakfast or brunch entree. Makes 10 to 12 cakes or 5 or 6 servings.

Cheese Rice Cakes. Prepare as for Southern Rice Cakes, adding ½ cup diced Cheddar cheese with the egg mixture.

RICE PANCAKES OR WAFFLES

⅔ cup Minute Rice
⅔ cup water
¾ cup milk
2 egg yolks, slightly beaten
1 tablespoon liquid shortening
1 cup pancake mix
2 egg whites, stiffly beaten
Butter and Log Cabin Syrup

Combine rice and water; set aside. Mix milk, egg yolks, and shortening in a bowl. Add pancake mix and stir lightly until moistened. Stir in rice mixture. Fold in egg whites. Bake on a hot griddle, turning only once, or bake in a hot waffle iron. Serve hot with butter and syrup. Makes 12 pancakes or 8 waffles.

DESSERTS & BREAKFASTS — Creamy rice is a nationwide favorite for dessert and breakfast. Minute Rice makes it easy to serve hot, hearty Breakfast Rice — it's ready in just minutes. Many of the rice puddings can be served as a breakfast cereal or as a dessert. Everyone should find a favorite rice pudding here — with or without raisins, baked or simmered, fluffy or creamy. Just reading the recipes will make you want to rush to the kitchen to try a new dessert — Rice Bavarian Imperial, Lemon Rice Puffs, or French Rice Cake. And can't you imagine the tantalizing aroma that will greet your family when you bake Spiced Apple Rice or Baked Rice Custard?

RICE BAVARIAN IMPERIAL

(Pictured on opposite page)

2½ cups milk
1⅓ cups Minute Rice
¾ teaspoon salt
1 envelope unflavored gelatin
2 tablespoons cold water
1 egg, slightly beaten
½ cup sugar
½ teaspoon orange extract
1¼ teaspoons grated orange rind
3 tablespoons Cointreau (optional)
1 cup heavy cream

Scald milk in saucepan. Stir in rice and salt. Cover, remove from heat, and let stand about 5 minutes, fluffing occasionally with a fork. Meanwhile, add gelatin to cold water—let stand about 5 minutes.

Mix egg and sugar. Add a few spoonfuls of the hot rice mixture; mix well. Then add egg mixture to hot rice. Stir in gelatin, orange extract, orange rind, and Cointreau. Chill until mixture begins to thicken.

Whip the cream and fold into thickened mixture. Pour into 1-quart mold or serving dish. Chill until firm. Unmold if desired. Serve with sweetened raspberries, strawberries, or other favorite fruit, if desired. Makes 4 cups or 6 to 8 servings.

Coconut Rice Imperial. Prepare as for Rice Bavarian Imperial, reducing milk to 1½ cups and Minute Rice to ⅔ cup and adding 1⅓ cups (about) Baker's Angel Flake Coconut with the extract and orange rind.

FRUIT CONDÉ

(Pictured on opposite page)

3½ cups milk
3 tablespoons butter
½ cup sugar
¼ teaspoon salt
1¼ teaspoons vanilla
1⅓ cups Minute Rice
2 egg yolks
2 tablespoons milk
1 can (1 lb. 13 oz.) pear or peach halves
¼ cup brandy
3 tablespoons (about) chopped candied fruit
2 tablespoons (about) coarsely chopped pistachio nuts

Combine 3½ cups milk, butter, sugar, salt, vanilla, and rice in a saucepan. Bring to a boil. Cook over medium heat 20 minutes, stirring frequently. Beat egg yolks with 2 tablespoons milk slightly. Gradually add to hot rice mixture, stirring vigorously. Chill.

Meanwhile, combine undrained pears and brandy in a saucepan. Bring to a boil; then chill. Combine chilled rice mixture and 3 tablespoons pear syrup. Pile in a serving dish. Arrange pears around rice. Garnish each with candied fruit and nuts. Makes about 3½ cups rice or 6 to 8 servings.

Note: To use fresh pears instead of canned, peel, halve, and core 4 pears. Mix the brandy with 1 cup water, 1½ cups sugar, and 1 teaspoon vanilla; bring to a boil, add pears, and cook over medium heat until tender, turning pears occasionally. Chill.

BROWN SUGAR RICE PUDDING

1⅓ cups Minute Rice
½ cup raisins (optional)
½ teaspoon salt
2⅔ cups milk
½ cup firmly packed brown sugar
2 tablespoons butter
½ teaspoon vanilla

Combine rice, raisins, salt, and milk in saucepan. Bring to full boil, uncovered. Remove from heat. Stir in brown sugar, butter, and vanilla until blended. Cover; let stand 10 to 15 minutes. Pour into serving bowl. Serve warm or chilled. Makes 6 to 8 servings.

Maple Nut Rice Pudding. Prepare as for Brown Sugar Rice Pudding, substituting ½ cup Log Cabin Syrup for the brown sugar. Before serving, stir in ½ cup chopped nuts.

Marshmallow Rice Pudding. Prepare as for Brown Sugar Rice Pudding, adding 12 marshmallows, cut into eighths, before serving.

APPLE RICE BETTY

1 cup Minute Rice
1⅓ cups apple juice
⅛ teaspoon salt
⅔ cup firmly packed brown sugar
½ cup raisins
1⅓ cups diced apples
1 tablespoon butter
1 cup heavy cream

Combine all ingredients except butter and cream in a saucepan. Bring to a boil, cover, and simmer 5 to 10 minutes, or until most of the liquid is absorbed. Remove from heat and blend in butter. Chill. Just before serving, whip cream and fold into rice mixture. Garnish with additional whipped cream, if desired. Makes 5 cups or 6 to 8 servings.

Glorified Apple Rice. Prepare as for Apple Rice Betty, adding ¼ teaspoon cinnamon to the rice mixture before cooking. Stir in 2 tablespoons coarsely chopped nuts with the butter. Makes about 5 cups or 6 to 8 servings.

BREAKFAST RICE

1⅓ cups Minute Rice
2½ to 2¾ cups milk
½ teaspoon salt
¼ cup chopped dates or raisins
Light cream, Log Cabin Syrup, or brown sugar

Combine rice, milk, salt, and dates in a saucepan. Bring to a boil; cook and stir over medium heat for 5 minutes, or until mixture is creamy. Serve with cream, Log Cabin Syrup, or brown sugar. Makes about 2⅔ cups or 4 servings.

VANILLA RICE PUDDING

⅔ cup Minute Rice
¼ teaspoon salt
¼ cup raisins
1 package (3¼ oz.) Jell-O Vanilla or Coconut Cream Pudding and Pie Filling
4 cups milk
⅓ cup sugar
1 egg, well beaten
¼ teaspoon vanilla
¼ teaspoon cinnamon
⅛ teaspoon nutmeg

Combine all ingredients except vanilla, cinnamon, and nutmeg in a saucepan. Cook and stir over medium heat until mixture comes to a *full* boil — takes 8 to 10 minutes. Remove from heat. Cool 5 minutes, stirring once or twice. Add vanilla. Pour into serving bowl. Sprinkle with cinnamon and nutmeg. Serve warm with cream, if desired. Makes 5 cups or 8 to 10 servings.

Note: If desired, place wax paper directly on surface of hot pudding. Cool to room temperature; then chill about 1 hour. Sprinkle with cinnamon and nutmeg just before serving. Garnish as desired.

Crunchy Vanilla Rice Pudding. Prepare as for Vanilla Rice Pudding, omitting raisins and adding cinnamon and nutmeg to rice mixture before cooking. Cool to room temperature; then chill 1 hour. Just before serving, fold in ½ cup Post Grape-Nuts Cereal.

CANDIED FRUIT RICE

1 cup chopped candied fruit
2 tablespoons brandy
1 cup milk
½ cup water
½ teaspoon salt
1⅓ cups Minute Rice
½ cup milk
½ cup sugar
4 egg yolks, beaten
1 teaspoon vanilla
1 cup heavy cream
⅓ cup pecan halves

Combine candied fruit and brandy in a small bowl; set aside. Combine 1 cup milk, water, and salt in a saucepan. Cover and bring to a boil. Stir in rice, cover, remove from heat, and let stand 10 minutes.

Meanwhile, combine ½ cup milk, sugar, egg yolks, and vanilla in top of double boiler. Cook over boiling water, stirring constantly, until thick — about 6 minutes. Combine with rice and chill. Whip the cream and fold into chilled rice mixture with fruit mixture and pecans. Chill until thickened. Makes 5⅓ cups or 8 to 10 servings.

GLORIFIED RICE

(Pictured at right)

1 can (13½ oz.) pineapple tidbits
1 cup Minute Rice
¾ teaspoon salt
6 maraschino cherries, diced
1 cup heavy cream
1 tablespoon sugar
1 cup miniature or diced marshmallows

Drain pineapple, measuring syrup. Add water to syrup to equal 1¼ cups; bring to a boil. Stir in rice and salt. Cover, remove from heat, and let stand 5 minutes. Then add cherries and pineapple. Chill thoroughly. Combine cream and sugar; whip. Then fold cream and marshmallows into chilled rice. Makes 4 cups or 6 to 8 servings.

Glorified Rice with Banana. Prepare as for Glorified Rice, adding 1 diced medium banana with the cream and marshmallows.

FORGOTTEN DESSERT

A perfect busy-day dessert — just mix and forget while finishing other chores.

1⅓ cups Minute Rice
1⅓ cups pineapple juice, orange juice, or lemonade
¼ teaspoon salt
⅔ cup diced banana, pineapple, orange, peaches, or pears
Custard Sauce

Combine all ingredients except sauce in bowl. Cover and let stand about 1 hour, or until liquid is absorbed and rice is tender. Fluff with a fork. Serve with Custard Sauce. Makes about 3¼ cups or 4 to 6 servings.

Creamy Forgotten Dessert. Prepare as for Forgotten Dessert, omitting sauce. Just before serving, fold in 2 cups sweetened whipped cream or prepared Dream Whip Whipped Topping.

CUSTARD SAUCE

2 egg yolks, slightly beaten
2 tablespoons sugar
1½ cups milk
*½ teaspoon vanilla**

*Or use ½ teaspoon grated lemon rind.

Combine egg yolks, sugar, and milk in a saucepan. Cook and stir over low heat until mixture is thickened and coats a dry metal spoon. Cool thoroughly; then stir in vanilla. Chill, if desired. Makes about 1½ cups sauce.

DANISH RICE DESSERT

(Pictured on cover)

⅔ cup *Minute Rice*
1½ cups *milk*
¼ cup *sugar*
½ teaspoon *salt*
¼ cup *chopped blanched almonds*
1 teaspoon *vanilla*
½ cup *heavy cream*
Sweetened raspberries or Bing Cherry Sauce

Combine rice, milk, sugar, and salt in a saucepan. Mix just to moisten all rice. Bring to a boil, uncovered; then boil gently 8 minutes, fluffing rice occasionally with a fork. Remove from heat, cover, and let stand 10 minutes. Add almonds and vanilla. Cover and chill. (If mixture seems dry after chilling, add a small amount of milk.) Just before serving, whip the cream and fold into rice mixture. Serve with raspberries or sauce. Makes 2½ cups or 5 or 6 servings.

Bing Cherry Sauce. Drain 1 can (1 lb. 1 oz.) pitted Bing cherries, measuring syrup. Add water to syrup to make 1½ cups; blend with 2 tablespoons cornstarch and a dash of salt in a saucepan. Cook and stir until thickened and clear. Remove from heat. Add cherries, 1 teaspoon lemon juice, and ½ teaspoon almond extract. Serve warm or cool. Makes about 2⅓ cups sauce.

Sherry Almond Cream. Prepare as for Danish Rice Dessert, reducing salt to ¼ teaspoon and adding 2 tablespoons sherry with almonds and vanilla. Omit raspberries and top with more almonds, if desired.

Rice Peach Melba. Prepare as for Danish Rice Dessert, omitting raspberries. Spoon rice mixture into serving dishes, top each serving with a peach half (cut side up), and pour melted currant, raspberry, or other red jelly over the peaches.

CRANBERRY RICE PARFAITS

1 *can (1 lb.) whole cranberry sauce*
1½ cups *water*
1⅓ cups *Minute Rice*
⅛ teaspoon *salt*
⅓ cup *granulated sugar*
¼ teaspoon *cinnamon*
1 cup *diced apples*
1 tablespoon *butter*
1 cup *heavy cream*
¼ cup *unsifted confectioners' sugar*
2 *tablespoons chopped nuts*

Combine all ingredients except butter, cream, confectioners' sugar, and nuts. Bring to a boil, cover, and simmer about 10 minutes, or until rice is tender. Remove from heat, stir in butter. Chill.

Just before serving, whip cream with confectioners' sugar. Fold nuts into rice mixture. Layer rice mixture and cream alternately in parfait or other tall slender glasses. (Or fold whipped cream into rice mixture and spoon into serving dishes.) Garnish with additional nuts and whipped cream, if desired. Makes about 4 cups or 6 to 8 servings.

PHILIPPINE COCONUT RICE

(Puto Maya)

2⅔ cups *(about) Baker's Angel Flake Coconut*
2⅔ cups *milk*
1⅓ cups *Minute Rice*
2 tablespoons *butter*
½ teaspoon *salt*
Cinnamon or nutmeg
Cream

Combine coconut and milk in a saucepan. Cook over low heat until mixture simmers; then continue cooking until mixture foams—about 2 minutes, stirring occasionally. Add rice, butter, and salt. Cover loosely and boil gently, stirring occasionally, until milk is absorbed — about 15 minutes. Form into mounds or cone shapes, sprinkle with cinnamon, and serve warm or cool with cream. Makes about 4 cups or 6 to 8 servings.

Note: In the Philippines, this mixture is also served as a vegetable with curry and other highly seasoned entrees. If desired, press mixture into a 1-quart mold; then unmold on serving dish and surround with curry. Omit cinnamon and cream.

(Gateau de Riz)

(Pictured above)

1 cup sugar
3 tablespoons water
2 cups milk
1 cup water
½ cup sugar
½ teaspoon salt
1⅓ cups Minute Rice
3 eggs, well beaten
1½ teaspoons vanilla
Custard Sauce (page 67) or whipped cream

Combine 1 cup sugar and 3 tablespoons water in a small saucepan. Simmer and stir over very low heat until sugar dissolves and syrup turns golden brown — about 25 minutes. Brush a thin even coating over the inside of a fluted 1½-quart mold. Set aside.

Combine milk, 1 cup water, ½ cup sugar, and salt in a saucepan. Cover and bring to a boil. Stir in rice. Cover, remove from heat, and let stand 10 minutes. (Not all of the liquid will be absorbed.)

Combine eggs and vanilla. Gradually add some of the hot rice mixture, stirring rapidly. Then add egg mixture to rice. Pour into prepared mold. Bake at 400° for 40 to 45 minutes, or until center of cake is firm. Remove from oven, invert onto a serving plate, and remove mold at once. Serve warm with sauce or cream. Makes 4 cups or 6 servings.

BAKED RICE PUDDING

⅔ cup Minute Rice
2¾ cups milk*
⅓ cup sugar*
½ teaspoon salt
⅓ cup raisins*
2 eggs, slightly beaten
1 teaspoon vanilla
¼ teaspoon nutmeg (optional)

*Or omit raisins and use 2½ cups milk and ½ cup sugar.

Combine rice, milk, sugar, salt, and raisins in saucepan. Bring to a boil over medium heat, stirring frequently. Then simmer uncovered 10 minutes, stirring occasionally. Mix eggs, vanilla, and nutmeg in a 1-quart casserole. Slowly stir in hot rice mixture. Set in a shallow pan; then pour 1 inch of very hot tap water into pan. Bake at 375° for 20 to 30 minutes, or until edges are lightly browned and center is set. Cool at least 1 hour before serving. Makes about 4 cups or 6 to 8 servings.

Quick Rice Pudding. Prepare as for Baked Rice Pudding, reducing milk to 2½ cups. Simmer rice mixture only 5 minutes. Gradually stir a small amount of hot rice into egg mixture; then stir egg mixture into rice in saucepan. Cook and stir over low heat about ½ minute (do not boil). Immediately pour into a serving bowl and cool at least 1 hour before serving.

Almond Rice Pudding. Prepare as for Baked Rice Pudding, adding ¼ cup toasted slivered almonds just before baking.

Mexican Rice Pudding. Prepare as for Baked Rice Pudding, omitting raisins and nutmeg, using 2½ cups milk and ½ cup sugar, and adding ¼ teaspoon cinnamon, 1 bay leaf, and ¼ cup slivered blanched almonds before cooking. Discard bay leaf before baking. Serve with fruit or chocolate sauce and whipped cream, if desired.

RICE ROMANOFF

1⅓ cups water
½ teaspoon salt
1⅓ cups Minute Rice
1 cup (about) dry macaroon crumbs
4 tablespoons Cointreau
4 tablespoons brandy
2 cups heavy cream
3 tablespoons sugar

Bring water and salt to a boil in a saucepan. Add rice, cover, remove from heat, and let stand 5 minutes. Then chill. Meanwhile, mix macaroon crumbs, 2 tablespoons Cointreau, and 2 tablespoons brandy; set aside. Combine cream, sugar, and remaining Cointreau and brandy in bowl; whip. Fold into rice.

Place a third of the rice mixture in large glass serving bowl. Sprinkle with about a third of the macaroon mixture. Continue, making 2 more layers of each. Chill 3 to 4 hours. If desired, serve with a strawberry sauce. Makes about 5 cups or 8 to 10 servings.

Note: For macaroon crumbs, crush 8 to 12 macaroons. If macaroons are soft, break into pieces, place on baking sheet, and bake at 275° for 10 minutes. Cool; then crush.

BAKED RICE CUSTARD

½ cup sugar
¾ teaspoon salt
½ teaspoon nutmeg
¼ teaspoon cinnamon
3 eggs, well beaten
3 cups milk
1½ teaspoons vanilla
⅔ cup Minute Rice
⅓ cup raisins

Combine sugar, salt, nutmeg, and cinnamon in a large bowl. Add eggs and blend thoroughly. Gradually stir in milk; then add vanilla, rice, and raisins. Pour into an 8-inch square pan. Place in a pan of hot water. Bake at 350° until set — 45 to 50 minutes, stirring after 20 and 30 minutes of the baking. Let stand at room temperature 30 minutes; then cut into squares. Serve warm or chilled. Makes about 4 cups or 6 servings.

EASY RICE PUDDING

2½ cups milk
⅔ cup Minute Rice
¼ cup sugar
1 tablespoon butter
1 teaspoon vanilla
¼ teaspoon nutmeg
⅛ teaspoon salt
1 egg yolk
2 tablespoons milk

Combine 2½ cups milk, rice, sugar, butter, vanilla, nutmeg, and salt in saucepan. Bring to a boil. Cook over low heat 20 minutes, stirring frequently. Meanwhile, blend egg yolk and 2 tablespoons milk. Remove rice mixture from heat and slowly add egg mixture, stirring rapidly. Serve warm or chilled. Makes about 2½ cups or 4 servings.

Broiled-Top Rice Pudding. Prepare as for Easy Rice Pudding, substituting ½ teaspoon cinnamon for the nutmeg; spoon into a baking dish and let stand at room temperature 20 to 30 minutes. Then sprinkle with a mixture of ¼ cup firmly packed brown sugar, ½ teaspoon cinnamon, and 1 tablespoon soft butter. Place under broiler for 3 to 5 minutes, or until topping bubbles. Serve warm with cream, if desired.

FLUFFY PEACH PUDDING

1 can (8 oz.) sliced peaches
½ cup water
¼ teaspoon salt
1 cup Minute Rice
1 package (3¼ oz.) Jell-O Vanilla Pudding and Pie Filling
2¼ cups milk
1 egg yolk, slightly beaten
1 egg white
1 tablespoon sugar
¼ teaspoon vanilla

Drain peaches, measuring ½ cup syrup into a saucepan. Dice peaches and set aside. Add water, salt, and rice to peach syrup. Bring quickly to a boil, cover, and simmer 5 minutes. Then add pudding mix, milk, and egg yolk. Cook and stir over medium heat until mixture comes to a *full* boil — about 5 minutes. Remove from heat.

Beat egg white until foamy. Add sugar and beat until mixture will stand in peaks. Gradually fold warm pudding into egg white. Fold in diced peaches and vanilla. Serve warm. Makes about 4 cups or 8 servings.

SNOW MOUNTAIN RICE

(Pictured at left)

1 cup water
¼ cup lemon juice
¼ cup sugar
¼ teaspoon salt
1 cup Minute Rice
2 cups fresh fruit (strawberries, raspberries, peaches, or a combination)
Sugar
¼ cup slivered almonds
1½ cups whipped cream

Combine water, lemon juice, ¼ cup sugar, and salt in saucepan. Bring to a boil. Stir in rice. Cover, remove from heat, and let stand 5 minutes. Then uncover, stir, and cool. Meanwhile, sprinkle fruit with enough sugar to sweeten. When rice is cool, drain fruit, measuring ¼ cup of syrup. Add measured syrup, fruit, and almonds to rice. Fold in cream. Makes about 4¾ cups or 8 servings.

LIGHT DELIGHTS PUDDING

1⅓ cups Minute Rice
¾ teaspoon salt
1¾ cups milk
3 tablespoons sugar
2 tablespoons butter
6 to 8 well-drained canned apricot halves
6 to 8 well-drained canned peach slices
10 to 12 well-drained canned pineapple tidbits
10 to 12 well-drained maraschino cherries, halved
10 to 12 blanched almonds, split
Small piece candied ginger, diced
½ cup diced dates
1 medium orange, sectioned and finely diced
Lemon Sauce

Combine rice, salt, and milk in large saucepan. Bring to a full boil. Cover, remove from heat, and let stand about 5 minutes, fluffing occasionally with a fork. Add sugar and butter; mix lightly with a fork.

Meanwhile, arrange apricots, peaches, pineapple, cherries, and almonds in decorative pattern in bottom of well-buttered 1-quart mold or bowl. Sprinkle with ginger. Carefully spoon about a third of the rice over the fruit. Scatter about half of the dates and orange over the rice. Add a layer of rice; then remaining dates and orange. Top with remaining rice.

Cover with a lid or aluminum foil. Place mold in hot water for about 5 minutes. Remove from hot water. Let stand about 10 minutes; then unmold onto warm plate. Serve with Lemon Sauce. Makes about 4 cups or 6 to 8 servings.

Note: Pudding may be prepared 1 to 1½ hours in advance, stored in refrigerator, and heated in hot water before serving.

Lemon Sauce. Mix ½ cup sugar, ⅛ teaspoon salt, and 1 tablespoon cornstarch. Blend in 1 cup water. Cook and stir over medium heat until thickened and clear. Remove from heat and stir in 2 teaspoons grated lemon rind, 2 tablespoons lemon juice, and 2 tablespoons butter. Serve warm. (Sauce may be made in advance, stored in refrigerator, and reheated before serving.) Makes 1½ cups.

SPICED APPLE RICE

1⅓ cups water
½ teaspoon salt
1⅓ cups Minute Rice
1 tablespoon lemon juice
1 can (1 lb. 4 oz.) sliced apples
1½ cups firmly packed brown sugar
½ teaspoon cinnamon
½ teaspoon nutmeg
1 cup sour cream (optional)
¼ cup unsifted confectioners' sugar (optional)

Bring water and salt to a boil. Stir in rice. Cover, remove from heat, and let stand 5 minutes. Stir lemon juice into sliced apples. Combine brown sugar, cinnamon, and nutmeg. Sprinkle 4 tablespoons sugar mixture into a shallow 1-quart casserole. Then alternate 2 layers of rice with 2 layers of apples, starting with rice and sprinkling each layer with 5 tablespoons sugar mixture. Bake at 350° for 30 minutes.

Meanwhile, combine sour cream and confectioners' sugar. Spread over top of hot apple-rice mixture. Return casserole to 350° oven for 3 minutes. Serve warm. (If desired, sour cream topping may be omitted, and dessert may be served with light cream or prepared Dream Whip Whipped Topping.) Makes about 4 cups or 6 servings.

INDIAN RICE PUDDING

1 cup plus 1 tablespoon milk
1 cup Minute Rice
1 tablespoon molasses
1 tablespoon brown sugar
Dash of salt
Dash of cinnamon
Dash of ginger
Vanilla ice cream

Bring milk to a boil. Stir in rice. Cover, remove from heat, and let stand 10 minutes. Stir in remaining ingredients except ice cream. Serve hot, topped with a scoop of vanilla ice cream or a dollop of prepared Dream Whip Whipped Topping or whipped cream. Makes 2 cups or 4 servings.

LEMON RICE PUFFS

(Pictured above)

1 teaspoon grated lemon rind
¼ cup butter
½ cup sugar
3 egg yolks, well beaten
3 tablespoons lemon juice
¾ cup Minute Rice
1½ cups milk
3 egg whites, stiffly beaten

Cream lemon rind with butter until well blended. Gradually add sugar, creaming until light and fluffy. Add egg yolks and beat well. Then mix in lemon juice, rice, and milk. (Mixture will look curdled.) Fold in egg whites. Pour pudding into greased custard cups. Place in shallow pan. Pour hot water around cups to depth of ½ inch. Bake at 350° about 25 minutes for porcelain cups or 30 to 35 minutes for glass cups. (Pudding will have a cakelike layer on top with soft custard below.) Serve warm or cold with prepared Dream Whip Whipped Topping or whipped cream, if desired. Makes about 4¾ cups or 6 to 8 servings.

Note: This dessert may also be baked in a greased 1½-quart baking dish. Pour mixture into dish, cover, set in a pan of hot water, and bake at 350° for 45 minutes.

RAISIN-RUM RICE

¼ cup raisins
¼ cup light rum
1 cup milk
½ cup water
½ teaspoon salt
½ cup sugar
1⅓ cups Minute Rice
1 teaspoon grated lemon rind
1 egg, slightly beaten
2 tablespoons butter
½ teaspoon cinnamon
2 tablespoons chopped pecans

Combine raisins and rum; set aside. Combine milk, water, salt, and sugar in saucepan. Bring to a boil over medium heat. Stir in rice, cover, and simmer 6 to 8 minutes, or until the rice has absorbed most of the liquid. Remove from heat. Blend in raisin mixture, lemon rind, and egg.

Melt butter in a skillet. Add rice mixture and cook without stirring until rice is lightly browned on one side. Turn rice and brown on the other side. Spoon into serving dishes. Sprinkle with cinnamon and nuts. Makes 3⅔ cups or 4 to 6 servings.

OLD-FASHIONED RICE PUDDING

4½ cups milk
1 cup Minute Rice
⅓ cup sugar
½ teaspoon salt
1 teaspoon vanilla
½ cup milk
Cinnamon and nutmeg
Confectioners' sugar

Combine 4½ cups milk, rice, sugar, salt, and vanilla. Bring to a boil. Cook over medium heat for 30 minutes, stirring about every 10 minutes. Remove from heat; stir in ½ cup milk. Cool about 45 minutes. Before serving, spoon into a 1-quart casserole and sprinkle with cinnamon, nutmeg, and confectioners' sugar. Place under broiler just until golden brown. Makes 4 cups or 6 servings.

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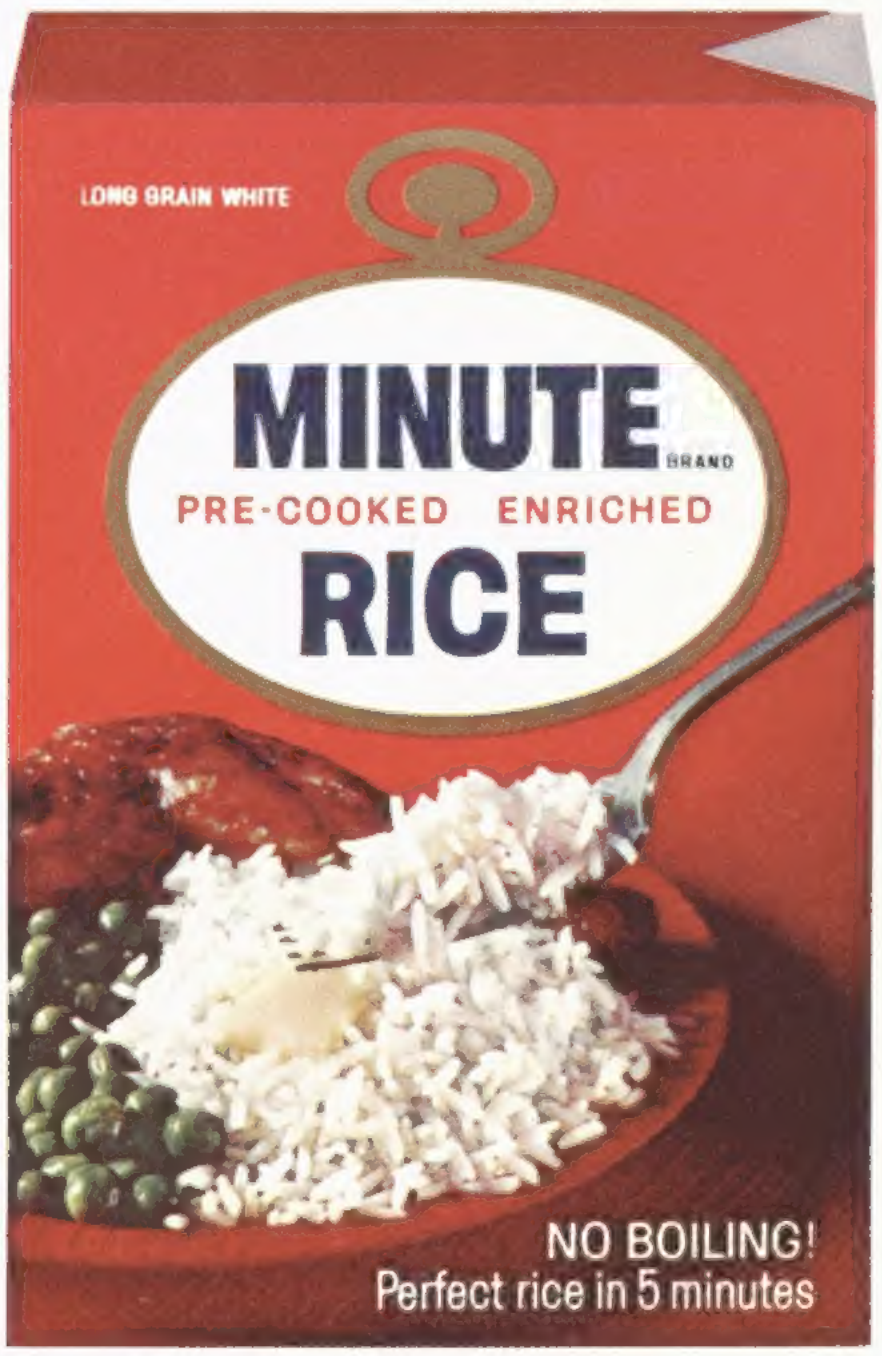

Minute Rice–perfect rice every time in only 5 minutes–comes in three handy package sizes:

7-ounce box (6 servings)
14-ounce box (12 servings)
1-pound 12-ounce box (24 servings)

MINUTE RICE — BASIC DIRECTIONS

Minute Rice doubles in volume. Therefore, if you wish to prepare amounts other than those given here, you can easily multiply these amounts.

TO MAKE ⅔-cup servings	RICE AND WATER (same amounts)	SALT	BUTTER (if desired)
1 serving	⅓ cup	Dash	1 teaspoon
2 servings	⅔ cup	¼ teaspoon	1½ teaspoons
4 servings	1⅓ cups	½ teaspoon	2 teaspoons
5 servings	1⅔ cups	½ teaspoon	2½ teaspoons
6 servings	2 cups (7-oz. box)	¾ teaspoon	1 tablespoon
8 servings	2⅔ cups	1 teaspoon	4 teaspoons
10 servings	3⅓ cups	1¼ teaspoons	5 teaspoons
12 servings	4 cups (14-oz. box)	1½ teaspoons	2 tablespoons
24 servings	8 cups (1-lb. 12-oz. box)	1 tablespoon	¼ cup

Bring water, salt, and butter to a boil. Stir in rice. Cover, remove from heat, and let stand 5 minutes. Fluff with a fork before serving.

For softer rice: Use 1 tablespoon more water for each serving; let stand 8 minutes.

GENERAL FOODS KITCHENS

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